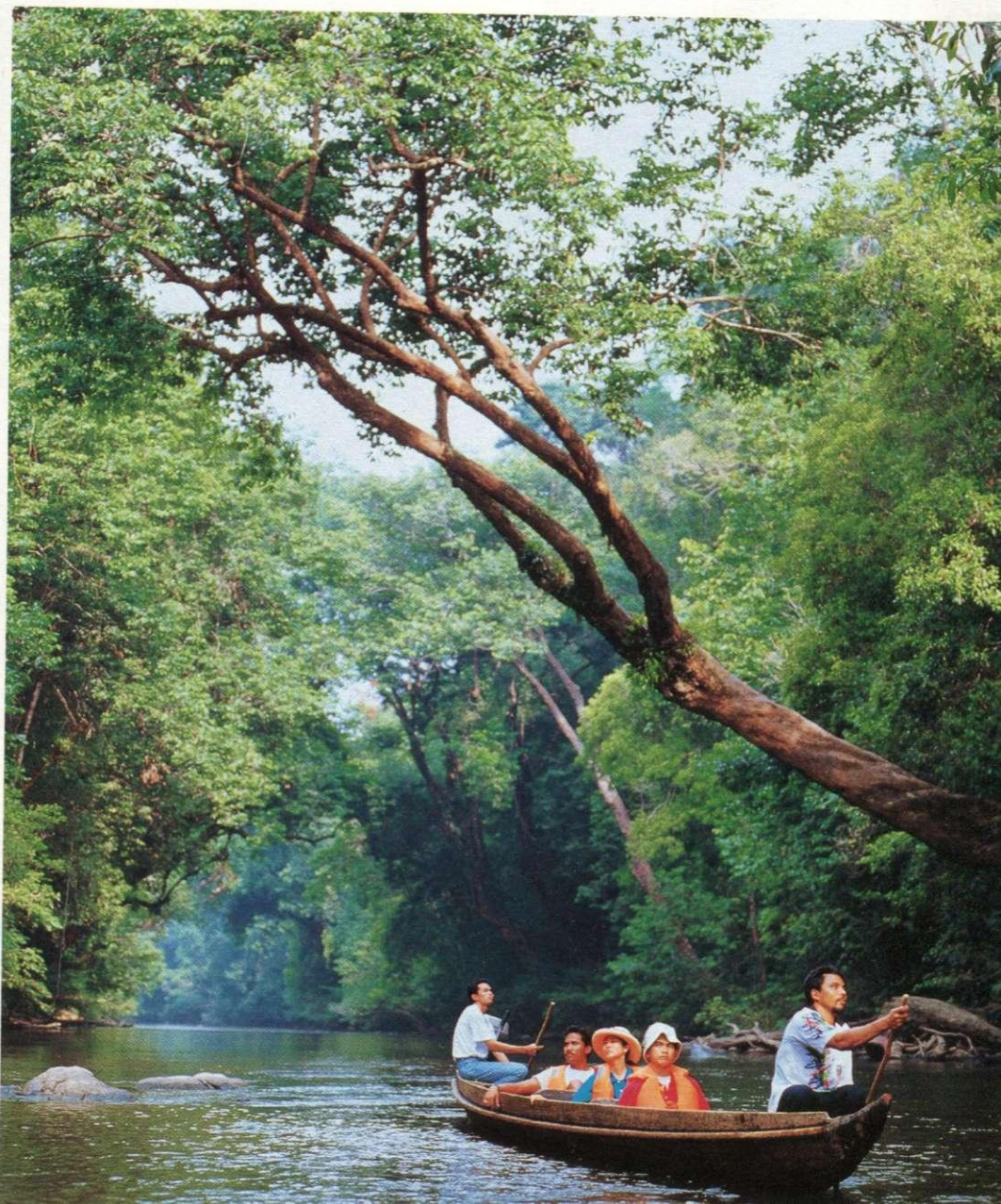


MALAYSIA

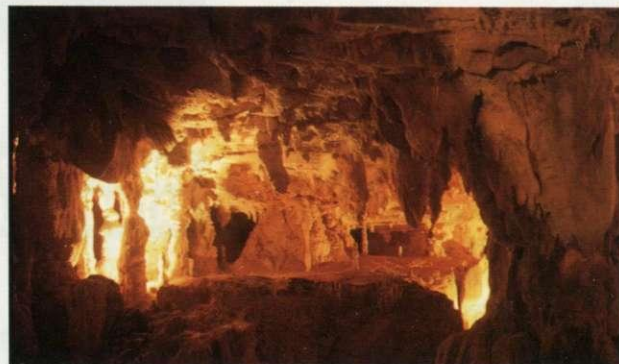
National Parks



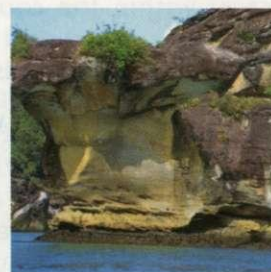
Space

contents

- 2** Malaysia In Brief
- 4** National Parks of Malaysia
- 5** Taman Negara
- 8** Kenong Rimba Park
- 10** Endau Rompin National Park
- 12** Tunku Abdul Rahman Park
- 15** Crocker Range National Park
- 16** Pulau Tiga Park
- 18** Kinabalu Park
- 21** Turtle Islands Park
- 23** Tawau Hills Park
- 25** Gunung Mulu National Park
- 27** Niah National Park
- 29** Bako National Park
- 31** Similajau National Park
- 33** Kubah National Park
- 34** Lambir Hills National Park
- 35** Gunung Gading National Park
- 36** Batang Ai National Park
- 37** Tanjung Datu National Park
- 38** Loagan Bunut National Park
- 40** Tourism Malaysia Offices



National Parks of Malaysia



IN BRIEF

The variety of its natural wonders is as endless as the diversity of its culture and traditions. And to top it all, is the genuine warmth and inherent hospitality of its gentle and friendly people. The kind of hospitality that makes you feel completely at home wherever you may be in Malaysia.



MALAYSIA

10 GUNUNG MULU
NATIONAL PARK

11 NIAH
NATIONAL PARK

12 BAKO
NATIONAL PARK

13 SIMILAJAU
NATIONAL PARK

14 KUBAH
NATIONAL PARK

BRUNEI
DARUSSALAM

SABAH

SARAWAK

INDONESIA

17 BATANG AI
NATIONAL PARK

18 TANJUNG DATU
NATIONAL PARK

19 LOAGAN BUNUT
NATIONAL PARK

Malaysia's *forests* are indisputably the *oldest* in the world and its National Parks are *showcases* of its *rich natural* heritage.



National Parks of Malaysia

There's the chance to see and do something different—something beyond the normal tourist sights and pursuits. Experience the tranquility of being one with nature in all its glory, in our National Parks. Here, within the awesome splendour of our virgin rainforests, beneath the cool shady canopy of trees hundreds of years old, one comes to realise that "conservation" is not a mere concept but a way of life - that "bio-diversity" is here to stay!

Malaysia's forests are indisputably the oldest in the world and its National Parks are treasure troves of its rich natural heritage. The various species of flora and fauna found within its realms can only be described in superlatives—...the world's largest flower (*Rafflesia*). The smallest squirrel (Pygmy squirrel) weighing a mere 20 gm, gigantic flying squirrels and the tallest trees (Tualang or *Koompassia excelsa*) are all to be found here. The Belian (Borneo ironwood) is said to be thousands of years old. It is with a view to preserving this invaluable natural heritage for posterity that the National Parks were established, some as early as the first half of this century.

The seas surrounding some of our islands abound with a variety of fascinating marine treasures—rare, beautiful and extremely delicate.

In order to prevent these extremely fragile marine ecosystems from destruction, areas supporting rich and exotic marine life have been gazetted as Marine Parks. Our delicate corals, colourful fishes and turtles in danger of extinction are thus assured of a safe haven within these parks.

So come spend that much needed break doing something other than the usual leisure pursuits. Do something more than just swimming, sightseeing, shopping or golfing! Take your time observing, appreciating and learning about the

wonders of nature in our National Parks and Underwater Havens. Imagine the deep solitude of the primeval forest lulling you into blissful oblivion; where the only music you hear is the song of the birds at dawn.... and the orchestra at dusk is the crescendo of the chirping cicadas. Revel in the excitement of

shooting the rapids or cast your bait in the cool, clear streams. Bask in the tranquil seclusion of unspoilt beaches and remote offshore islands as you silently explore its hidden depths and wondrous under-water treasures... If any of these scenarios matches your wildest fantasies, be our guest. Although we are fully committed towards maintaining the delicate ecological balance, we'd still like to share this precious gift of nature with you.....



Taman Negara

Taman Negara, Malaysia's premier park and the largest in the country extends over some 434,300 hectares of primary forests, more than 130 million years old. Even as early as 1939, conservation was of primary concern. The park was established for the sole purpose of protecting and preserving the flora and fauna indigenous to the area. Located within the park is Peninsular Malaysia's highest mountain, Gunung Tahan, 2,187 metres above sea level. A range of comfortable accommodation is provided by the Taman Negara Resort at the Park Headquarters at Kuala Tahan. The restaurant outlets there also ensure that you do not go hungry amidst nature's wilderness. With so much to see and do, a trip to Taman Negara is a must on your itinerary.

It's Vegetation Galore For Botanists

The lowland areas are dominated by dipterocarps and lush riverine vegetation. *Epiphytes* such as ferns and rare species of orchids are abundant here. Oaks and laurels are found higher up, on the intermediate slopes. The vegetation in the summit regions are typically of the dwarf upper montane varieties with palm flora, namely the *Livingstonia tahanensis*, being in abundance.

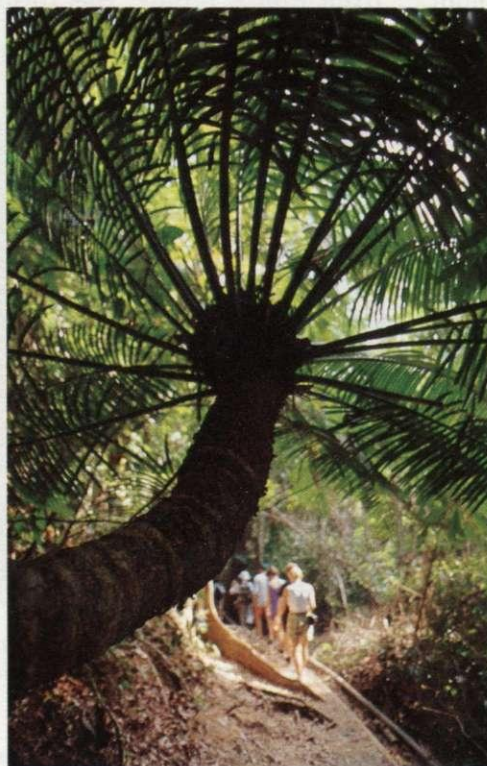
Bird Watchers, Prepare To Feast Your Eyes! As many as 250 species of birds have been identified so far. Commonly seen are hornbills. Fireback pheasants may be spotted along jungle trails while fishing eagles and kingfishers usually flit along the riverbanks. The Sungai Tahan is a favourite habitat of the masked finfoot. Other exotic species to be found here include the broadbill, drongo and blue-throated bee-eater.

Anyone Game For Mammals? These are usually to be found inhabiting the lowlands and include the Malayan gaur or seladang, sambar deer, barking deer, wild pigs, tapir, elephants, tigers,

leopards, sun bears and the Sumatran rhinoceros. However, sightings of these mammal species are quite rare; due in part to the density of vegetation and the shy nature of these animals.

Primates - Lords Of The Tree Tops

If primates are more your cup of tea, be prepared for some stiff necks as you look out for them among the tree tops. The long-tailed macaque inhabit the riverbanks while the leaf monkey may be spotted on the upper branches. Family groups of gibbons and siamang stick to the forest canopy from which their loud chatter may be heard.



■ PLANNING AN ITINERARY

Depending on your interest and inclinations, a stay at the Park may take anything from 2 to 4 days for some; and maybe even more for others. There is so much to see and do to fill your days.

ENQUIRIES

Wildlife and National Parks Department
Km 10, Jalan Cheras, 56100 Kuala Lumpur
Tel : 03-9052872 Fax : 03-9052873

Malaysia Tourist Information
Complex (MATIC), 109 Jalan Ampang
50450 Kuala Lumpur
Tel : 03-2643929 Fax : 03-2421149

For reservations please contact :

Taman Negara Resort,
Kuala Lumpur Sales Office
2nd Floor, Istana Hotel, Jalan Raja Chulan
50250 Kuala Lumpur
Tel : 03-2455585 Fax : 03-2610615

Kuala Tahan Office, Taman Negara Resort
Kuala Tahan, Jerantut, 27000 Pahang
Tel : 09-2663500 Fax : 09-2663500



Jungle Walks Amidst Sheer Tranquility Opt for leisurely walks through the lowland forests along scenic jungle paths beautifully landscaped by Mother Nature. Immerse yourself in the sights and sounds of the jungle as you cross clear bubbling streams beneath the shades of centuries old trees.

A short walk of 1.5 km (from the Resort) brings you to the Canopy Walkway, a suspension bridge of strong ropes, cable, net and wood hanging 40 metres above the ground!. The walkway offers visitors a scenic walk among the tree tops to observe nature at close range.

Jungle Trekking For The More Energetic The more active might prefer the tougher challenge of jungle trekking along the numerous trails in the park. Trekking along these trails may take as long as 9 days and require a certain level of fitness but for some, it is a more rewarding experience of an authentic jungle adventure.

Scaling The Highest Peak Gunung Tahan offers the adventurous, the heady excitement and challenge of mountain climbing. The journey up and down the mountain takes an average of 9 days. Previous jungle trekking experience would of course be an added advantage though not necessarily a prerequisite.

Thrills And Spills Of Trips Up River A leisurely 8 km trip up Sungai Tahan to the Lata Berkoh Cascades offers visitors the invigorating experience of swimming in the cool waters of a deep pool below the falls. Then retreat to the rocky area overlooking the rapids for your picnic lunch.

The more adventurous would perhaps prefer shooting the seven powerful rapids of the Sungai Tembeling. The 9.1 km ride takes 45 minutes. Hang on tight to your

seat and be prepared to get drenched.

Landing Your Catch Sungai Keniam is the most popular spot for fishing while the more placid waters of the pools at the lower reaches of Sungai Tahan are also known to be teeming with fish. The best times for fishing are February, March, July and August. The Kelah, known for its speed and weighing as much as 20 lbs offers an irresistible challenge to even the experienced angler.

Exploring The Mysteries Of Nature's Caves Two notable caves within the park area are Gua Daun Menari at Kuala Keniam and Gua Telinga, less than an hour's walk from Kuala Tahan. The former attracts visitors with its interesting rock formation and unique wildlife.



Gua Telinga is a limestone cave carved by a stream, another fine example of nature's ingenuity.

Observing Wild Life As Darkness Descends This is a nocturnal activity well worth the effort. There are 6 hides scattered around the Park. Within the relative safety of these hides, overlooking the salt licks and clearings, visitors get a chance to observe the animals as they come to lick up



the water and soil for essential salts for their body.

Orang Asli Settlement Visit Kampung Yong, home to the Batek tribe. Gain some insights into the life of the Orang Asli and see how they hunt and survive in the wilds.

Bird Watching Another popular activity within the park. The keen bird watcher will surely not leave the park without spotting at least a few of the 250 species reputedly to be found here.

■ ACCOMMODATION FACILITIES

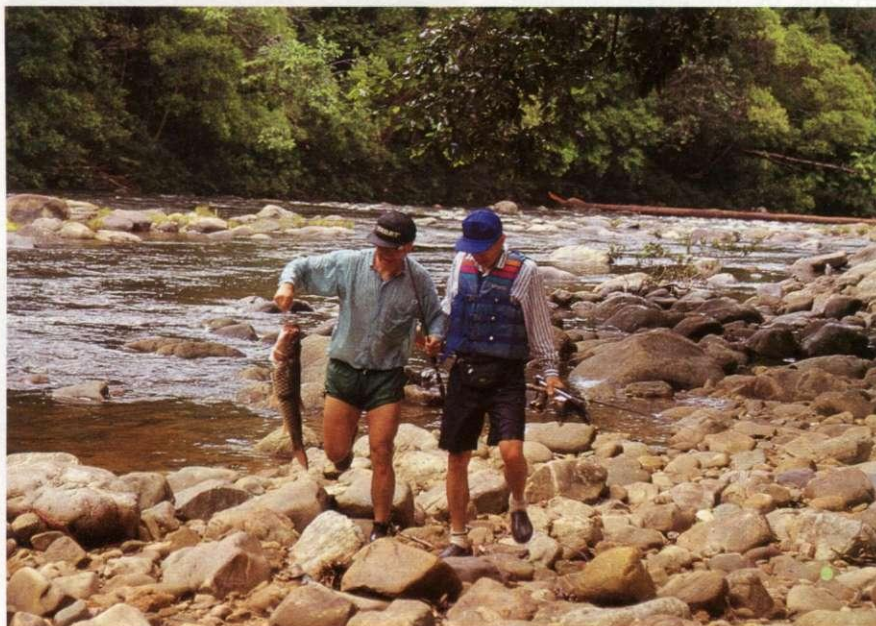
The park offers a number of facilities and basic amenities to make your stay sufficiently comfortable. Being as one with nature does not mean that you have to sacrifice all your creature comforts.

Accommodation facilities at the Park are managed by the Taman Negara Resort which provides a variety of accommodation facilities to suit individual needs and preferences.

There are 117 chalets with a variety of rooms consisting of superior, deluxe and 2-bedroom suites.

The Malay style wooden chalets are comfortably furnished to pamper you with the luxuries you take for granted, even within the wilderness. All chalets come with attached bathrooms and modern sanitation facilities.

The hostel can accommodate 64 visitors at any one time.



Visitor Lodges At Kuala Terenggan and Kuala Kenyam These are charming chalets reflecting a truly rustic ambience set within the tranquil setting of the Park's deep interior—a perfect retreat for those seeking solace from the stress and strain of everyday life.

The following are provided :

- beds and bedding
- eating utensils
- kerosene stove
- lanterns
- water supply

Fishing Lodges At Lata Berkoh And Kuala Permai Calling all fishing

enthusiasts! Fish to your heart's content in the wilds and retreat to these lodges when night descends. Beds and mattresses are provided but bedding and cooking equipment need to be carried from Kuala Tahan.

Campsites There are a number of beautiful campsites around the Park for those who wish to live out their fantasy of sleeping under the stars in the wilds. These are located at Kuala Tahan and Kuala Keniam.

Tents and camping equipment are available for hire at the resort.

■ CATERING FACILITIES

The Resort has two food outlets, namely the Tahan Restaurant and the Tereseke Cafeteria which serves a variety of Malaysian and Continental fare. The Tembeling Lounge is a favourite haunt for sipping cocktails in the cool quiet evenings.

There is a restaurant catering to visitors at Kuala Kenyam but visitors seeking the quiet solitude of Kuala Terenggan have to make do with their own cooking.

■ MINI MARKET

If you are planning a trip into the interior, take heart! You don't really have to live off the land! The resort also has a mini-market offering canned food, rice, noodles, fresh local fruits, vegetables and other basic necessities needed for such trips.

■ CONFERENCE FACILITIES

The Bayan Nuri Hall with its up-to-date facilities is capable of accommodating 300 people for various functions and is ideal for those wishing to organise conferences, workshops and seminars with a difference.

■ HOW TO GET THERE

The staging point for visits to the Park is Kuala Tembeling from which a 3-hour boat ride upriver takes you to Kuala Tahan.

How To Get To Kuala Tembeling

By Road - From Kuala Lumpur, a 3-hour drive takes you to Jerantut. Then, proceed 16 km north to Kuala Tembeling.

Jerantut bound taxis may be found at the Pudu Raya Bus Terminal in Kuala Lumpur.

Alternatively, take a bus from the Jalan Tun Razak Bus Station in Kuala Lumpur for Jerantut and from there, take a local bus or taxi to Kuala Tembeling.

By Rail - Kuala Tembeling is also accessible from Kuala Lumpur, Singapore or Kota Bharu (via Tumpat) by rail. Trains from these stations stop at Tembeling Halt, about half an hour's walk to the jetty.

Please contact Keretapi Tanah Melayu Bhd. for details on train schedules and fares :

- KTMB Station, Kuala Lumpur, Tel : 03-2747435

Kenong Rimba Park

ENQUIRIES

Kuala Lipis District Forest Office
Government Office Complex
27200 Kuala Lipis, Pahang.
Tel: 09-3121273, 09-3124106
(Direct)

Fax: 09-3123745

or

Tourist Office
KTMB Railways Station
27200 Kuala Lipis, Pahang.
Tel: 09-3123277, 09-3122144
HP: 108-8987104
Fax: 09-3121117

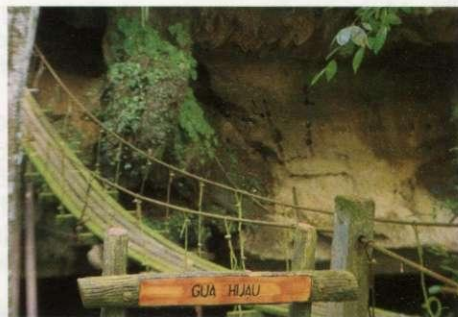


Covering an area of about 121 sq. kilometres in the Kenong valley, south-west of Taman Negara is the Kenong Rimba Park. This scenic valley, traversed by rippling mountain streams, is home to the Batek aboriginal tribe. Within the park are magnificent limestone caves beneath which flows the Kenong River as it meanders gently on its way. The sense of tranquility and quiet solitude is broken only by the merry chirping of the birds and the cascading waterfalls. The almost magical quality of the surroundings inspires numerous intriguing folklore such as that of the mango tree which bears such deliciously luscious fruits. You may eat as much as your heart desires but you may not take home even a single fruit lest you be blighted with a curse. Folklore aside, there is much more to fascinate you here.

■ FASCINATING FLORA AND FAUNA

Floral Fiesta Within the shade of the cool green forests the keen nature lover is bound to spot some beautiful varieties of wild orchids clinging on to the bigger trees from which they derive their sustenance. Here you will

find an interesting variety of plant life that include Tualang (*Koompassia excelsa*), the tallest tree in the tropical rain forest. Also in abundance is the gigantic ficus tree "Pokok Ara", popularly featured in many local folklore, proverbs and rhymes. A profusion of pink and white water lilies floating on the still green waters adds to the enchantment.



Fine Feathered Friends And Mammals

The area is home to birds such as the dove (*Chalcophaps indica*) "merpati", merbah red eye (*Pycnonothus Prunneus*) "merbah mata merah" and Copsychus malabaricus "murai batu" prized by bird lovers for their singing ability. Mammals such as the prickly porcupine whose spiky bristles spread out menacingly at the first sight of danger, the deer (*Tragulus javanicas*) "pelanduk", Malayan tapir (*Tapirus indicus*) or "tenuk" and elephants (*Elephas maximus*) "gajah" may be found within the park.

■ PLANNING AN ITINERARY

The park provides ample opportunities for a variety of adventure-filled activities.

Climbing If you have a head for heights, scale the steep rocky face of Gunung Kesung and Gunung Putih. Chances are that you might be lucky enough to see the footprints of the rare "Kambing Gurun" (mountain goat) - so rare that even chancing upon its footprints sets you apart from other less fortunate individuals. Local folklore has it that the animal is reared by the "makluk halus" (fairies)- hence its elusiveness.

Caves Galore The park boasts of a complex network of caves, each with its own unique geological formation and fascinating legend. The most beautiful is Gua Batu Tinggi the habitat of a variety of captivatingly lovely orchids species. It is also the

home to some beautiful birds and is perfect for nature lovers and bird-watchers. According to legend, the Sultan's messenger and the 'sampan' (dug-out boat) he was in were changed into stone, at this very spot, as a result of a curse.

Another notable cave is **Gua Batu Tangga**, whose rock formation bears an uncanny resemblance to a flight of stairs. Other caves include, **Gua Batu Tangkup** and **Gua Batu Telahup**. Within the interior of Gunung Kesung are several attractive caves which include **Gua Kesung**, **Gua Hijau**, **Gua Buta** and **Gua Harimau**. All these names are probably derived from the unique geological formations making up the caves, suggesting an intriguing set of fascinating legends.

Jungle Trekking Nature lovers will be able to appreciate the natural beauty of the park by venturing along the jungle trails. Experienced guides will make the trip much more interesting with their rich store of information and local folklore. Trekking are varies from 2 to 6 days duration.

More Leisurely Activities Air Terjun Tujuh Tingkat (*Seven step waterfalls*) is Kenong's very own waterfall, a vision of frothy white tumbling down into a clear rocky pool below. The spot is ideal for swimming and relaxing picnics. It is also a good place to cast your line and reel in your catch.

■ FACILITIES

At present there are 4 units of wooden huts at the park to cater for overnight stays. Each chalet is fitted with 2 double deckers.

A campsite is also available within the park.

Enquiries and reservations for accomodation may be directed to:

Persona Rimba Resort Kenong, Kuala Lipis

Tel: 09-312 5032

Fax: 09-312 1421

■ HOW TO GET THERE

Transportation such as buses, taxis or selfdrive vehicles are available from the major towns of Kuala Lumpur, Kuantan or Kota Bharu to Kuala Lipis, the staging point to the Park. Kuala Lipis is also accesible by train from Singapore, Kuala Lumpur and Kota Bharu.

For the 4-wheeler adventures you may opt for a 2-hour overland trip via Felda Kechau.

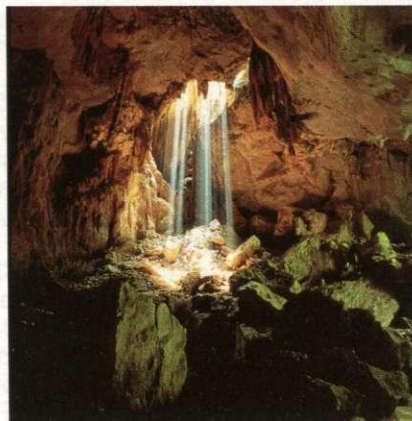


Visitors are advised to get special permit from District Forest Officer.

■ PARK REGULATIONS

All visitors are required to obtain a permit inorder to enter the park.

Visitors are only allowed to enter the park if they are accompanied by a registered *local guide* who will be responsible for their safety for enforcing park regulations.

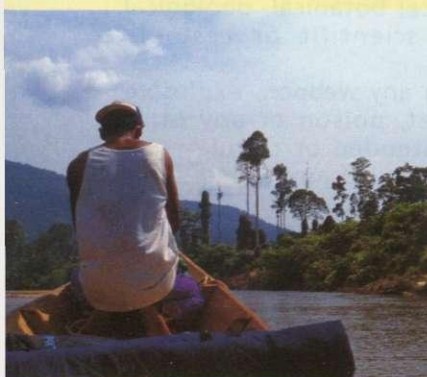


It is An Offence to:-

- Enter the park without a permit.
- Willfully or negligently deface, damage or destroy any object of zoological botanical, geological, ethnic, scientific or aesthetic value.
- Bring any weapon, explosive, trap, net, poison or any other thing intended or calculated to cause injury to any animal living within the park.
- Disturb any nest, kill, injure, capture or molest any animal.
- Deface or destroy any notice, boundary marks, or any material belonging to the park authorities.
- Without authorisation use or occupy any building. Vehicle, boat or any other park property.
- Leave or bury within the park area any trash and non biodegradable disposables, bottles, cans, plastics, which will litter or pollute the floor area of the park.

ENQUIRIES

National Parks (Johor) Corporation
JKR 475, Bukit Timbalan
82503 Johor Bahru
Johor
MALAYSIA.
Tel : 07- 2237471
Fax : 07- 2237472



Endau Rompin National Park

This park encompasses the watershed of the rivers Endau in Johor and Rompin in Pahang and comprises some 488 sq. kilometres of forest. Lush and relatively untouched, it is one of the few remaining lowland forests in the country. It is of major conservation significance due to the diversity of the habitats and species found within. A scientific expedition carried out in 1985 and 1986 identified 25 new species of plants within the area and its rocks and hills have been estimated to be 248 million years old. Scientific interest aside, it is also a haven for adventure seekers. Part of its attraction is also intrinsically tied up with the numerous legends and myths handed down through the years.

■ FLORA AND FAUNA

Lowland Dipterocarp Forest The forest abounds with the famous fan palm of the '*Livistona endauensis*' variety which is indigenous to the region. Other interesting plants include the 'Rhopa Coblaste', more commonly known as the climbing bamboo, and the walking stick palm or '*Phychorapis singaporensis*', identified by its slender stems and feather like leaf fronds, there are also many varieties of toadstools and orchids.

Wildlife Tigers, elephants and wildboar are some of the animals to be found here. The largest surviving population of Sumatran rhinoceros in Peninsular Malaysia is also found within the park. Others include the binturong or bear cat (*Arctictis binturong*) and the white handed gibbon, the only ape species in the region.

Birds And Butterflies The forest is also home to the chirping drongos, hornbills and argus pheasant. Butterflies and the fruit piercing moths of the genus '*Othreis*' can be seen flitting through the trees.

■ PLANNING AN ITINERARY

A minimum stay of four days/three

night is ideal in order to cover the many activities and attractions in the park. Special tours may be arranged to cater to a variety of interests such as botany, nature study, and bird watching. Photography adventure seekers would enjoy the challenge of some of the activities to be carried out here.

Jungle Trekking There are some 26km of jungle trails within the park, the most well trodden path being the gruelling 16 km trail from the base camp at Kuala Jasin to Batu Hampar and Buaya Sangkut with numerous crossings of fast flowing rivers. At



Buaya Sangkut, a waterfall cascading down through five levels presents a spectacular visual delight.

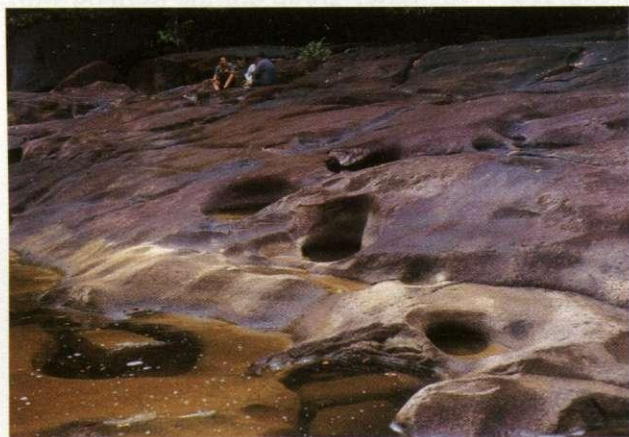
Irresistable Jungle Streams Swim or take a refreshing bath 'kampung style' in the clear cool rivers and streams amidst the tranquility and serenity of the forest. When you've had enough of frolicking in the water, try your luck at a spot of fishing and reel in your catch for lunch or dinner.

Camping Pitch your tents and spend your nights out in the wilds under the stars. The merry chirping of the birds and cicadas in the twilight will make your simple dinner seem like a feast.

Orang Asli Village Endau Rompin is also home to the Orang Asli of the Jakun tribe. Drop by at Kampung Peta near the park entry point and gain valuable insights on Orang Asli culture. Find out how they survive in the

wilderness and protect themselves from danger with their hunting and tracking skills. See their recreational activities and listen to their mesmerising yarns about the myths of the surrounding jungle.

Nature Study Given the diverse variety of species and habitats in the area, this can be a very absorbing activity indeed. Inhale the heady perfume of the '*Mussaendra mutabilis*', a woody climbing plant with fragrant flowers, used in traditional scents for the hair and



clothes. Observe how the famous pitcher plant traps the unwary insect within its enticing water-filled sacs. See how millions of ants make their homes in tiny chambers within the 'ant plant'.

Bird Watchers Paradise Bird watching can be another fascinating activity. If you have the patience and endurance to keep still in utter silence, for hours on end, the reward of seeing some beautiful varieties of birdlife can be a joyful experience.

■ FACILITIES

Facilities within the park are extremely limited at present.

Camping Facilities There are four campsites catering to between 250-300 visitors. These are located at Kuala Jasin, Batu Hampar, Upeh Guling and Kuala Marong.

■ HOW TO GET THERE

From Kuala Lumpur or Johor Bahru by the North South highway, on reaching Kluang detour to the Kahang town. There, a four wheel drive vehicle will take you for a 56 km jungle track to Kampung Peta, the visitors centre and the point of entry to the National Parks or 3 hours journey by boat from Felda Nitar II.

■ USEFUL INFORMATION / GUIDELINES FOR VISITORS

- The park is closed during the rainy season i.e. from November to March.
- No fishing is allowed during the spawning season from September to October.
- Entry permits are required for visits to the park and these may be obtained from:

National Parks (Johor)
Corporation
JKR 475 Bukit Timbalan
80000 Johor Bahru, Johor

In addition, additional charges are also levied for entry into specific zones within the park.

- Charges are levied for filming equipment/fishing and insurance.

■ PARK REGULATIONS

1. All visitors are required to report to the officer on duty at the Registration Centre in Kampung Peta.
2. There will be a short briefing at the Registration Centre. Entrance and other prescribed fees are collected. All items and belongings are inspected by the officer on duty.
3. Visitors are not allowed to overstay beyond the specified period.
4. All visitors are required to engage the registered guides of the National Parks Corporation.
5. Visitors who wish to hire boat services can inquire from the officer on duty.

6. Visitors are prohibited to make unnecessary noise while in the park to avoid disturbance to the wildlife.

7. All empty cans, surplus food and rubbish have to be taken out of the park, and disposed at designated disposal areas.

8. Access into the park is only allowed through the specified entrances as determined by the National Park.

9. No fishing or angling is allowed in the park except at specified areas and period.

10. Bathing and swimming are only allowed at specified areas – swimmers must be in decent swimming attire.

11. The National Parks Corporation disclaims responsibility for any mishap, accident or loss of belongings to any visitor while in the park.

12. Visitors are strictly forbidden from:

- a) bringing into the park any machinery, weapon, explosive, trap, poison or dangerous item.
- b) hunting, killing, hurting, trapping, or disturbing any flora/fauna, habitat or destroying birds nests and eggs.
- c) chopping, hurting, destroying or burning plants and objects which have geological, archaeological, historical and scientific importance.
- d) carrying into or purposely allowing reared animals entering into the park.
- e) displacing or moving any animals or plants out of the park, dead or alive.
- f) displacing or moving out of the park any minerals or objects of geological, archaeological, historical or scientific importance.
- g) destroying or incapacitating any living or dead objects in the park.
- h) erecting any building in the park.

Visitors to the park are warned that they are liable to be prosecuted in the event they are found to have contravened any of the park regulation.

ENQUIRIES

Sabah Parks
P.O. Box 10626
88806 Kota Kinabalu
Tel: 088-211881 / 2122508
Fax: 088-221001 / 211585

Tunku Abdul Rahman Park

The Tunku Abdul Rahman Park comprises a group of 5 islands located between 3 to 8 km off Kota Kinabalu. The park is spread over 4,929 hectares, two thirds of which cover the sea. Before the Ice Age, it formed part of the Crocker Range mass of sandstone and sedimentary rock on the mainland. However, towards the end of the Ice Age about one million years ago, the melting ice brought about changes in the sea level and parts of the mainland were cut off by the sea to form the Islands of Pulau Gaya, Pulau Sapi, Pulau Manukan, Pulau Mamutik and Pulau Sulug. Evidence of this can be seen from the exposed sandstone of the coastline forming the cliffs, caves, honeycombs and deep crevices. The beauty of its natural environment combined with its close proximity to the mainland makes the island group a favourite among picnickers, divers and nature lovers. In a bid to protect the natural environment with its coral reefs, marine life, and its flora and fauna, the islands were gazetted as a

National Park, beginning with Pulau Sapi and part of Pulau Gaya in 1974 and then embracing the three nearby islands in 1979.

■ FLORA AND FAUNA

The plant life feature a mix of typical shoreline vegetation such as *Pandanus dubius* and *Podocarpus polystachyus* with those of the dipterocarp forests. Representative of the latter group are the Keruing with their narrow crowns of large dark green leaves and unique ridged two-winged fruits. The Seraya, Kapur and Selagan Batu are also to be found in abundance. The only undisturbed coastal dipterocarp forests are on Pulau Gaya, where the *Hopea philippineensis* and *Quassia borneensis* are abundant. The Fish Tail and Nibong Palm flourish in the shady gulleys.

The park is home to the bearded pig, scaly pangolin, rats, squirrels and monkeys. Snakes and monitor lizards make up the reptile population. Large birds such as the white breasted sea-eagle, pied hornbill and green heron are found in large numbers. Smaller varieties such as the sandpiper, the pink-necked green pigeon, bulbul, flycatcher, sunbird and swiftlets also flourish within the tranquil park environment. One of the most intriguing birds around is the Megapode or Burung Tambun, a 'chicken look-alike', with large feet and which meows like a cat! It lays its eggs in huge mounds of sand and leaves at the edge of the beach. The fermentation of the leaves produces the heat necessary to incubate the eggs for successful hatching.

The best coral reefs are those between Pulau Sapi and Pulau Gaya. The colourful and delicately beautiful corals are living organisms which feed on the plankton floating in the sea. The reefs is home to many different kinds of fish, in all shapes and colours of the rainbow—the



butterfly fish, parrot fish, clown fish in stripes of bright yellow and white, and dragon fish: and, those of the bigger variety such as the red grouper, barracuda and catfish. Other marine life include molluscs, giant clams, sea cucumbers, the beautiful feather starfish, sea urchins in brilliant hues, cowrie shells and scorpion shells.

■ PLANNING AN ITINERARY

Pulau Manukan Shaped like a boomerang, Manukan covers 51 acres and is the second largest island in the group. The southern and eastern coastlines have a number of beautiful beaches - the best stretch being on the eastern tip. The surrounding crystal clearwaters is ideal for snorkelling, diving and swimming. Trails around the island provide endless hours of exciting trekking in the cool, shady forest.

Facilities such as chalets, a clubhouse, restaurants, souvenir centre, diving centre, a swimming pool, tennis and squash courts are provided to make your stay an enjoyable and fun-filled experience.

■ ACCOMMODATION

There are 20 units of wooden chalets, situated on the lush green slope overlooking the sea. Set within a garden of swaying palms and vivid tropical blooms, they provide the perfect hide-away for overnight stays or leisurely weekends.

Reservations for accommodation can be made at:

Sabah Parks, Lot 3, Block K, Sinsuran Complex,
P.O. Box 10626, 88806 Kota Kinabalu.

Tel: (6088) 212719 / 211881

Fax: (6088) 211585 / 221001

Pulau Mamutik The smallest of the group, this island covers only 15 acres. Nevertheless, it is endowed with rich coral life which surrounds the island with a colourful underwater treasure trove. The rare white distichopora and reddendrophyllia are to be



found in the reef at the north-eastern tip. This is the place for diving enthusiasts and snorkellers!

Facilities such as changing rooms and toilets; picnic shelters and tables are provided for day trippers. There are no accommodation facilities but overnight camping on the island is allowed with prior permission from the Park Warden.

Pulau Sulug This 20-acre island, being the least developed and the farthest away, has an almost untouched quality making it ideal for those seeking a more tranquil and deserted atmosphere. The shoreline is mostly rocky with beautiful patches of reef at the southern end. Corals such as the *Acropora*, *Echnipora*, *Montipora* and *Seriapora* are a visual delight

with their variety, delicate shape and brilliant colours.

Facilities such as changing rooms and toilets; picnic shelters and tables are provided for day trippers.

There are no accommodation facilities but overnight camping on the island is allowed with prior permission from the Park Warden.

Pulau Sapi A small island of 25 acres has the distinct advantage of having some of the nicest beaches of clean white sand and sparkling crystal clear water and a coastline fringed with beautiful coral reefs. It is the ideal place for snorkelling, diving and swimming. If you can do neither of this but do not want to be left out in the discovery of the rich

underwater treasures, take heart—a glass boat rental service will allow you to see it all just as closely. Hiking trails through the interior provide an excellent opportunity for nature appreciation..

There are no accommodation facilities but picnic shelters, barbeque pits, tables, changing rooms and toilets are provided for day use. Camping is allowed with the permission of the Park Warden.

Pulau Gaya The largest island, is located about 15 miles from Kota Kinabalu. The 3,665 acre island has 16 miles of shoreline, certain stretches consisting of fine white sand. Popular beaches include Bulijong Bay and Police beach, a quarter mile of beautiful sand sloping gently into the crystal clear bay, perfect for swimming, snorkelling and diving. The untouched coastal dipterocarp forest makes it ideal for trekking and graded nature trails through the inland forest provides opportunities for a study of the various species of plant and animal life within .

Day use facilities include public shelters, changing rooms and public toilets.

■ HOW TO GET THERE

Daily boat services are available from the Kota Kinabalu jetty to transport visitors to the park and back.

Departure times
from Kota Kinabalu

9 am
10 am
11 am

Pick up times
from the Park

1.30 pm
2.30 pm
3.30 pm

■ GENERAL GUIDELINES FOR VISITORS

The park was created for the protection of the natural environment, including the coral reefs, marine life and the flora and fauna. Certain guidelines have

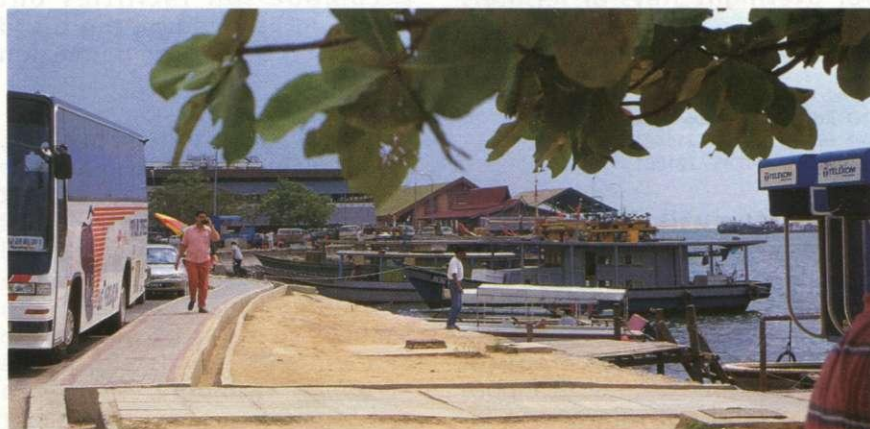
therefore been created to ensure the conservation of these natural treasures and visitors are advised to observe the regulations which are prominently displayed on all the islands.

Visitors are strictly prohibited to engage in any of the following activities:

- Hunt or carry firearms, poison, spearguns, and dangerous weapons within the park.

- Harm or disturb any plant, animal or other living things.
- Pick, cut, or collect plants, insects, corals, shells, and any other materials, dead or alive.
- Write names on rocks, trees, or shelters.
- Bring pets into the park.

Collecting of any plant, animal or other living or non-living things is strictly forbidden without prior written permission from the Director of Sabah Parks. Fishing, however, is permitted with hook and line only.



Crocker Range National Park

The Park is situated in the rugged Crocker Range that divides the western coastal plains from the rest of Sabah. Lying more than 300 metres above sea level, it is spread over 139,919 hectares of densely forested terrain. The Padas River which bisects the range between Beaufort and Tenom on its journey southwest, is just one of the twelve that flow through the mountains. Passage by boat was impossible due to the boulders strewn along the swift flowing Padas Gorge. However, human ingenuity led to the construction of a railway alongside the scenic gorge. Roads crossing the range have also made the interior more accessible from the coastal areas making it possible for visitors to enjoy the serene tranquility in the rugged mountains.

■ FLORA AND FAUNA

The vegetation is predominantly a mix of dipterocarp forests and the montane forests of the upper slopes. The bright yellow flowers of the *Dillenia suffruticosa*, a woody shrub usually found on infertile deforested soil are a common feature here. So too are the *Tetrastigma*, the wild vine, playing host to the *Rafflesia pricie*, one of the three parasitic rafflesia species found on Sabah's mountain ranges.

The forest is home to at least five species of primates, such as orang utan, gibbons and the furry tarsier (kera hantu) with its enormous round eyes and frog-like hands and feet. Here too resides the extremely sociable long-tailed macaques. Easily identified by their prominent cheek whiskers, they are often spotted obligingly grooming each other and picking out edible insects, in the process! Their intelligent pig-tailed cousins (pig-tailed macaques) are extremely adept

at plucking coconuts and can contribute significantly to the labour force in coconut plantations!

Bears, civet cats, marble cats, and wild pigs also roam the forest floor while hornbills, pheasants and partridges may be spotted flitting between the dense foliage.



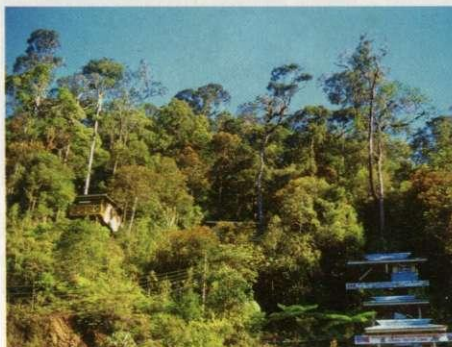
■ FACILITIES

There are no visitor facilities within the park at present. However, there are plans to establish a Park Headquarters at the present site of the Forestry Department building in the near future.

Private accommodation is available at a resort outside the park area.

■ HOW TO GET THERE

Presently, the Crocker Range National Park is not open for public visits. Therefore, those who intend to visit must obtain written permission from the Director of Sabah Parks. This also applies to travel agents who are bringing tourists to the said park.



ENQUIRIES

Sabah Parks
P.O. Box 10626
88806 Kota Kinabalu
Tel: 088-211881, 212508
Fax: 088-221001, 211585



Pulau Tiga Park

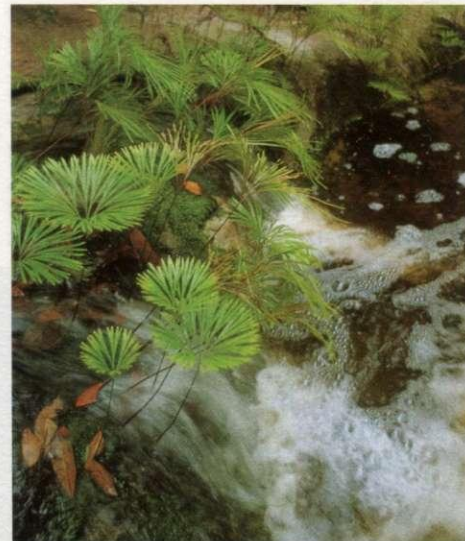
ENQUIRIES

Sabah Parks
P.O. Box 10626
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Tel: 088-211881, 212508
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The Pulau Tiga Park comprises three islands—Pulau Tiga, Pulau Kalampunian Besar and Pulau Kalampunian Damit situated in the Kimanis Bay, off the west coast of Sabah. Gazetted as a National Park in 1978, it covers approximately 15,257 hectares of sea and underwater habitat including the three islands. Lush forests serve as a soothing green backdrop for white sandy beaches and the clear unpolluted waters of the coral fringed seas.

■ FLORA AND FAUNA

The undisturbed shoreline abounds with a colourful variety of plant life such as the *Barringtonia Asiatica* easily distinguished by its delicate white flowers with pink stamen-like filaments. There are also *Callophylum*, *Ternanilia catappa*, and *Casuarina* not forgetting the *Ardisia*, a small bushy tree with clusters of tiny pink flowers. The Rangu and Keruing are also abundant here. One particularly important tree among tropical islanders is the *Hibiscus tiliaceus*, a tree with bright yellow



The many varieties of birds include the fish eating frigate birds which roost on Pulau Kalampunian Damit and the unusual looking megapode. Hornbills, night jars, magpies, bulbuls, the brilliantly coloured and fast moving sunbirds and black-naped bridled terns also inhabit the islands. Long-tailed macaques are easily discernible between the foliage while bats sleep hanging 'upside-down' from the trees waiting for evening before embarking on their nocturnal food hunting expeditions. Reptiles include the grey-tailed racer snake, the beautiful yellow-ringed cat snake found on Pulau Tiga and a large population of sea snakes on Pulau Kalampunian Besar earning it the name, 'Snake Island'. There are also numerous water monitor lizards preying on the megapode eggs. The 'homeless' hermit crab can also be seen moving into shells abandoned by the sea snails or other mollusc like a fugitive avoiding detection!

A 7-km coral reef around the islands is home to some 35 general species and 98 species of hard corals and their accompanying 'guests'—the brightly coloured fish and other marine life to whom the reef is home.



flowers whose fibrous bark is used for ropes and boat caulking. It is also a source of timber, firewood and medicine.



■ PLANNING AN ITINERARY

Pulau Tiga The island consists of three low hills that were formed when 'volcanoes' of mineral-rich mud were spewed out from underground. Since the last

explosion in 1941, the 'volcanoes' have remained passive, leaving the island relatively serene. Coral fragments from the encircling reef, make up the fine sand of its clean white beaches, while the lush green forest is reflected in the emerald depths of the crystal clear sea.

The island is a sanctuary for the megapode *Megapodus freycinet*, a curious chicken-like creature that produces a cat-like meow sound.

Trails winding through the undisturbed forest are worthwhile exploring if you wish to glean something of its flora and fauna.

With a rest house and hostel facilities catering to a maximum of 20 persons at any one time, the island is ideal for overnight stays.

■ ACCOMMODATION

Rest house

2 bedroom - (for a total of four person)

Hostel

4 bedroom - (for a total of sixteen person)

Camping

(maximum campers is sixty person at one time)

Pulau Kalampunian Damit The island owes its fame to the sea snakes *Laticauda colubrina* which breed here in large numbers. These black-ringed snakes prey on eels and can usually be seen coiling in cosy clusters amongst the rocks where they lay their eggs.



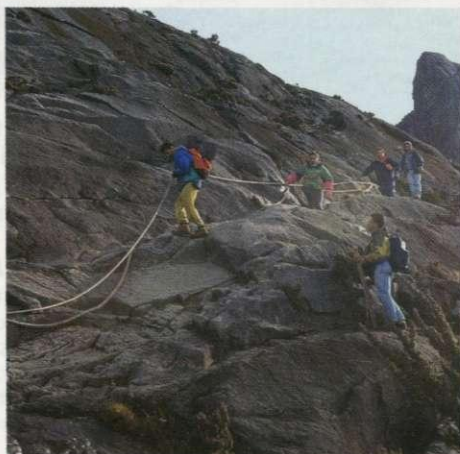
ENQUIRIES

The Director
Sabah Parks
P.O. Box 10626
88806 Kota Kinabalu
Sabah, Malaysia
Tel: 088-211881, 212508
Fax: 088-221001, 211585



Kinabalu Park

The Kinabalu Park, covering an area of 754 sq. kilometres including Mt. Kinabalu, Mt Tambayukon to the north and their foothills, was gazetted to preserve the valuable natural heritage encompassed within the mountains and its natural environment. The majestic mountain, has a fascinating geological history. It began approximately a million years ago when the granite core lying beneath the earth's crust was solidifying. This granite massif was later thrust upwards through the crust to the surface. Subsequent erosion removed thousands of feet of the overlying sand and mud stone exposing this massif. During the Ice-Age, glaciers running through the summit plateau, smoothed it out but the jagged peaks that stood out above the ice surface, remained unaffected by these 'cosmetic' touches and retained their extremely ragged surfaces. This rugged mountain, 4,101 metres above sea level, and still imperceptibly rising, is the focal point of the National Park.

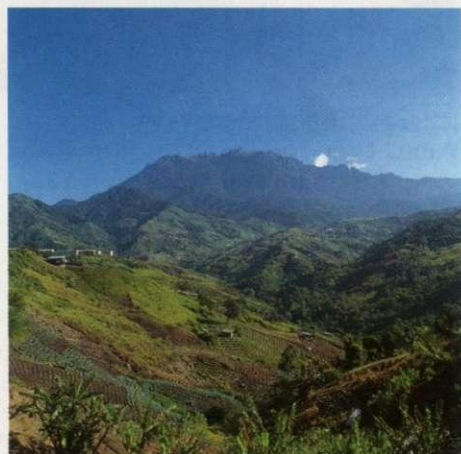


■ FLORA AND FAUNA

The park is known for the abundance and diversity of its plant life, within one of the most ancient vegetations in the world. There are over 1,200 species of wild orchids and 40 varieties of oak in its forests, not to

mention the countless varieties of rhododendrons with blooms ranging in hue from deep red to pale pink and white! Masses of moss and ferns weigh down the trees of the Montane oak forests of the upper regions. Flowers are to be seen everywhere—on the trees, in the shrubs, along the banks on the forest floor and even peeping out of the rocky crevices of the summit. Orchids such as the white necklace orchids are as delicately beautiful as their namesake.

The Bornean mountain ground squirrel *Dremomys eve* are often spotted scampering about in the scrub vegetation while the mountain tree shrew *Tupaia montana* are easily spotted along the mountain trails. You may even come across a red-necked keelback snake sunning itself along your path. The variety of birds range from mountain black eye, mountain black bird, Borneo eye bright, *Euphrasia borneensis*, and the now 'not-so-friendly' nor so easily sighted Friendly Kinabalu Warbler.



■ PLANNING AN ITINERARY

Climbing Mt. Kinabalu The climb is normally accomplished in two days but this can be quite tough. A more comfortable option is to take it easy and make it in three days, spending two nights in mountain huts along

the trail. It gives you the chance to look around and absorb the sights and sounds of your surroundings. See the clear mountain streams, observe the subtle changes in vegetation as your trail leads you first through the montane oak, rhododendron and conifer forests, to the mossy cloud forest zone with its gnarled twisted trees covered in moss and epiphytic orchids and ferns; and finally to the alpine meadow vegetation and stunted vegetation of the scrub-like summit regions. You may chance upon the maiden's veil fungus *Dictyophora*, the delicate plant with the foul-smelling mucous on the outer surface of its cap. Insects feeding on this mucous unsuspectingly transport the spores that inevitably get stuck to their feet.

Complimentary Programmes The park organises complimentary visitor programmes for first-timers to the park. This includes slide /film shows and guided trail walks conducted by park naturalists. Take advantage of these to gain some informative and educational insights on the park's flora and fauna.

Poring Hot Springs The hot springs, first developed by the Japanese during World War II, now feature several open-air Japanese-style baths. Take a dip to rest your tired feet and aching



muscles. The water contains sulphur, known for its curative properties for curing skin problems.

Jungle paths lead through lush lowland forests to bubbling mountain streams and waterfalls amidst the merry chirping of the birds and the colourful profusion of wild flowers.

■ FACILITIES

The Park Headquarters at 1,524 metres above sea level, has a range of accommodation facilities, restaurants and an exhibit centre.

■ ACCOMMODATION

At Kinabalu Park The Park charges different rates for accommodation on weekdays and weekends.

- Nepenthes Villa
(2 bedrooms / 4 persons) - 1 unit
- Rajah Lodge
(5 bedrooms / 10 persons)



- Kinabalu Lodge
(4 bedrooms / 8 persons) - 1 unit
- Double Storey/Deluxe Cabin
(3 bedrooms / 7 persons) - 1 unit
- Single Deluxe/Cabin
(2 bedrooms / 5 persons) - 1 unit
- Duplex 2-Bedroom/Chalet
(6 persons in each) - 4 units
- * Two-roomed/Annex Suite
(4 persons in each) - 4 units
- * Twin Bed Cabin
(2 persons in each) - 10 units
- New Fellowship/Hostel
(52 persons in dormitory room)
- Old Fellowship/Hostel
(46 persons in dormitory room)

The above cabins are provided with a fireplace, kitchen, shower, gas-cooker and a refrigerator and cooking and eating utensils.

Visitors intending to cook must bring their own food.

Simple meals (both western and local) are available at the Clubhouse and Canteen in the Administration Building.

** No fireplace and kitchen facilities are provided for these cabins.*

Electricity, piped water and firewood are all provided free of charge.

All accommodation fees are subject to 5 % Government Tax.

At Poring Hot Springs

- Poring Chalet
2 units (6 persons per unit)



- **Old Cabin**
(3 bedrooms - 6 persons)
- **New Cabin**
(2 bedrooms - 4 persons)
- **Youth Hostel**
(there are two blocks with a capacity of 24 and 40 person in each block)
- **Camp Ground**
(30 persons)

Tents, blankets and pillows can be rented.

There are facilities such as restaurant to cater for visitors intending to stay overnight at Poring Hot Springs.

■ ACCOMMODATION FACILITIES ON THE MOUNTAIN

The park also provides lodging facilities for climbers. These facilities are situated on the mountain at two altitudes; 11,000 ft and 12,500 ft. They serve as overnight rest areas prior to the ascent to the summit.

Rest House / Mountain Huts At 11,000 feet

- **Laban Rata Rest House - 3322 Metre**
1 rest house (10 bunks)
Canteen and shower facilities provided
- **Gunting Lagadan Hut - 3353 Metre**
1 hut (44 bunks)
- **Panar Laban Hut - 3353 Metre**
1 hut (12 bunks)
- **Waras Hut - 3292 Metre**
1 hut (12 bunks)

Mountain Huts At 12,500 Feet

- **Sayat-Sayat Hut - 8810 Metre**
1 Hut (8 bunks)

The mountain huts provide wooden bunks with mattresses, gas cylinders, cooking utensils and a limited supply of eating utensils, climbers must bring their own food for cooking.

Arrangements For Climbing

Book a guide, porter (if required) and overnight accommodation at the mountain huts, through the Sabah Park's head office in Kota Kinabalu.

Reservations cannot be made at the Park headquarters.

You also need to book transport to take you to the end of the Power Station Road where the climb starts.

- A climber's permit is required to climb Mt. Kinabalu. This is available at Kinabalu Park.

Rates are charged as follows :

Adult	RM 10.00
Student	RM 2.00

- Come to the Park Naturalist's programmes at Park Headquarters. They will tell you about the climb and advise you on what to take.

The programmes are free, so do take advantage of them.

- Make sure you have good shoes. Tennis or gym shoes are fine.
- Bring enough warm clothing. The temperature can fall to below freezing point at night. Pack all clothes in plastic bags to keep them dry in case of rain. Sleeping bags are provided at the mountain huts.
- Bring something wind and water-proof, gloves and a hat.
- Bring a waterbottle with you.
- Bring some high-energy foods for the climb. (e.g. chocolate, nuts, raisins. Glucose sweets are good.)
- Bring a good torchlight.

If you get wet on the way up, you will need a complete set of dry clothes and a second pair of shoes or a pair of sandals.

Headache tablets, paper tissues, a couple of plastic bags and some plasters for cuts or blisters are all useful.



Turtle Islands Park

The Turtle Islands Park lies 40 km north of Sandakan in the Sulu Sea off Sabah's east coast. It encompasses 1,740 hectares which includes the three islands of Pulau Selingan, Pulau Bakkungan Kecil and Pulau Gulisan; the sea and surrounding coral reefs. The islands are built over shallow rocky shoals from coral shingle from the surrounding reef on the fringes. They are covered with a variety of plant life which includes mangrove, lantana, the yellow-flowered sophora and the furry silver-leaved *Tournefortia*. The main attractions here, however, are the turtles which come to nest on their shores. Pulau Selingan is the main nesting area for the green turtles *chelonias mydas*, while the hawksbill turtles *Eretmochelys* seem particularly attracted to the shores of Pulau Gulisan. Both species lay their eggs on these shores throughout the year, although the best months are between July to October. The islands were gazetted as Marine Parks in 1977 primarily for the protection of these two species in order to save them from extinction.

■ PLANNING AN ITINERARY

A visit to these islands is a must on your itinerary, if you are interested in the conservation of these turtles.



Pulau Selingan Almost 8 hectares in size is the second largest island in the group. The turtles come ashore on the east and southwestern parts of the island to lay their eggs before returning to the sea. They normally come ashore after 7.30 pm but have also been seen nesting in the early hours of the morning between 5 to 6am.

Accommodation is available on the island for those who wish to stay overnight to witness the nesting. A restaurant is also available for visitors to enjoy hot meals.

■ ACCOMMODATION FACILITIES

Chalets

3 units (fully furnished)
for 20 persons per night.

Pulau Bakkungan Kecil This is the largest island and it lies close to the Philippines border. Active mud volcanoes are also present here. These are not true volcanoes but originate as mineral-rich mud, expelled from deep below the surface. The favourite nesting places of the green turtles are the beaches on the northern and western shores of the island.

There are no accommodation facilities on Pulau Bakkungan Kecil.

Pulau Gulisan The island is a mere 1.6 hectare in size but remains one of the favourite haunts of the hawksbill turtles which lay their eggs on the northern, eastern and southwestern beaches. All sea turtles eat marine animals such as sponges, marine worms and molluscs and the hawksbills are no exception. Being carnivorous, they feed on the invertebrate animals of the coral reefs. The adult green turtles however, are strict vegetarians, limiting their diet to the underwater grass and seaweed.

Nesting The turtles really take their time laying their eggs. The whole

ENQUIRIES

Assistant Park Warden
Turtle Islands Park
9th Floor, Wisma Khoo,
P.O.Box 768
90008 Sandakan.
Tel: 089-273453
Fax: 089-274718





ritual of emerging from the sea, then choosing a suitable site and clearing the area before laying its eggs (about 40 to 90 eggs per batch); concealing the eggs with sand and finally taking their leave takes one whole hour! So be prepared for a long wait if you wish to observe the nesting.

Hatcheries Park staff collect the eggs and transfer them to hatcheries where every effort is made to ensure successful hatching. After an incubation period of about 50 to 60 days, the hatchlings dig their way up to the surface and they are later released to the sea from different points around the islands. They are then on their own, to survive the dangers at sea and perhaps return one day to lay their eggs on the very same shores as their mother once did.

■ HOW TO GET THERE

There are boat services from Sandakan Harbour to the islands. The journey may take anything between 45 minutes to 3 hours depending on your destination and the boat's speed.

■ GUIDELINES FOR VISITORS

The park was created to protect the natural environment especially the sea turtles, the coral reefs and other marine life. There are therefore stringent rules which visitors are advised to observe.

Visitors Are Forbidden From Engaging In Any Of The Following:

- Wander along the beach after dark.
The Park Ranger will inform them when there is a turtle laying eggs.
- Build campfires, shine bright torches on the beach, sing, dance or play music on the beach at night.
- Disturb the turtle during the nesting process by coming too close or crowding around her. Instead, visitors are advised to watch the nesting from a distance.
- Under any circumstances, ride on the turtle, pull her flippers, turn her over, jump on her or injure her physically. Such acts of abuse may have adverse effects on future nesting returns.

Night photography is strictly forbidden on Pulau Selingan but allowed on the other two islands with permission from the Park Ranger.

Collecting any plant, animal or other living or non-living things is strictly forbidden without prior written permission from the Director of Sabah Parks. Fishing, however, is permitted with hook and line only.



Tawau Hills Park

The lush forests of the Tawau Hills in the east coast of Sabah serves as an important water catchment area for Tawau and Semporna. The area was gazetted as a National Park to protect the natural environment with its unique flora and fauna and to ensure an uninterrupted water supply for the region. Rugged volcanic terrain cover the natural landscape, in sharp contrast to the neatly cultivated plantations of oil palm, cocoa and rubber on the flat coastal plains. It covers an area of 27, 972 hectares.

■ FLORA AND FAUNA

Lush dipterocarp forest vegetation and lianas cover the lower regions giving way to thick damp mossy forests as the altitude gets higher and temperatures get cooler.

The variety of plant life found within the park include Agathis, Mountain Ru, Tree ferns, different species of orchids and begonia. A particularly interesting specie is the Mengaris tree whose smooth grey trunk makes it particularly difficult to climb. Wild bees protect their

precious store of honey from the voracious honey bears, by making their honeycombs high up these trees.

Macaques, creamy white leaf monkeys, giant tree squirrels, civet cats and leopard cats inhabit the park's dense primary forests. Borneo's largest wild cat - the clouded leopard, though rarely seen is not uncommon. It preys on smaller mammals such as rats and even bigger wild pigs. Other inhabitants of the harmless kind include hornbills and pheasants and the slow-moving forest tortoise.

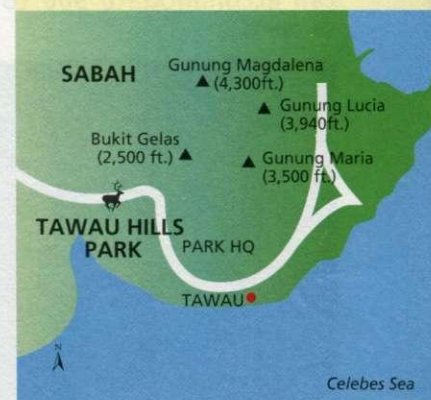
■ PLANNING AN ITINERARY

Cool streams meandering through a lush tropical forest setting and waterfalls cascading excitingly into frothing rocky pools down below, make it an ideal location for picnics and refreshing dips-away from the stress and strains of everyday life.

- There are also hotsprings-Mother Nature's very own spa, where you can ease your tired muscles and weary bones while luxuriating in the therapeutic warmth of the 'geo-thermal' pool.

ENQUIRIES

Ranger in Charge
Tawau Hills Park
WDT 118, 91009 Tawau
Atur:011-810676
Fax: 011-884917



There are also jungle trails for those who wish to explore the forest, study its varied plant life at closer range and, maybe be fortunate enough to spot its shy inhabitants.

For something more challenging, climb the Bombalai Hill. At 530 metres above sea level, it offers a sweeping panorama of the plantations, Tawau town in the far distance and the Sulawesi Sea on the horizon.

■ ACCOMMODATION

2 hostels and a jungle lodge are available for visitors. The campsite can accommodate 500 to 1000 campers

- 2 Hostel blocks, Agathis Hostel A & B

The hostels provide a total of 19 rooms with four (4) beds per room.

- Jungle Lodge

The 2 room lodge is undergoing renovations

■ HOW TO GET THERE

The park headquarters at the southern boundary is merely 24 kilometres away from Tawau. Visitors have to make their own transport arrangements to the park which is accessible via a maze of some rather rough roads but that's part of the adventure!

USEFUL INFORMATION

The following information generally applies to all parks in Sabah

Park Regulations Visitors are advised to observe the Park's regulations while in the Park. Under the Sabah Parks Enactment of 1984, it is an offence to :-

- kill, capture, disturb or remove any animal, nest or eggs.
- remove, damage or set fire to any vegetation or any object of geological, historical or scientific interest.
- introduce any outside plant or animal.
- deface or write on any rocks, trees or buildings.

These regulations protect the Park for your benefit, the benefit of your children and for future generations.



Gunung Mulu National Park

The majestic Gunung Mulu, rising over a mass of sandstone and shale, 2,376 metres above sea level, dominates the Gunung Mulu National Park in the Miri and Limbang Divisions. The park covers 52,866 hectares of shale and sandstone, flanked by limestone outcrops with virgin tropical forests at the lower slopes giving way to montane vegetation in the upper regions. It was gazetted as a National Park in 1974. The mix of natural habitats in all its diversity amidst such wild and rugged scenery makes it one of Sarawak's most popular destinations. Foremost among its attractions are the spectacular pinnacle rock formations tucked in the valley of Gunung Api and its cave complex which can only be described in superlatives. Despite its ruggedness, the park is easily accessible and there is a range of activities to keep everyone busy and happy.

■ FLORA AND FAUNA

This area was miraculously unaffected by the last Ice Age which left it to continue with the evolution of its flora and fauna without any interruptions. This accounts for the extraordinary diversity of the plant life and wildlife to be found in its forests today. There are over 1,500 species of flowering plants, 170 species of orchids; and, 10 species of pitcher plants.

The lush vegetation of the lower slopes consists of peatswamp, heath and mixed dipterocarp forests. An interesting feature of the peatswamp forest is the massive roots of the Strangling fig tree, a name derived from the fact that it had in fact "strangled" the original host tree to death in its bid to reach the top! In the upper regions, the vegetation is characterised by limestone and moss vegetation and the stunted montane vegetation of the summit.

There are 67 types of mammals roaming the forests; 262 species of birds. The latest addition to this group is the



newly discovered Bornean frog with the beautiful name - "*Rana ingeri*"! Also to be seen swinging nonchalantly from the branches are the small tree dwelling Bornean gibbons. All these plus 281 varieties of butterfly and hundreds of insects and fungi make up the inhabitants of the park.

■ PLANNING AN ITINERARY

Plan for a minimum of two to four days stay at the park in order to fully appreciate all that it has to offer.

Day Trips To The Show Caves These caves have been illuminated to focus on certain special features within its dim interior. Special paths enable visitors to move around easily and also protect the delicate geological structures from accidental damage. They are accessible from Park Headquarters via a 3 km walk through the jungle on specially constructed plankwalks.

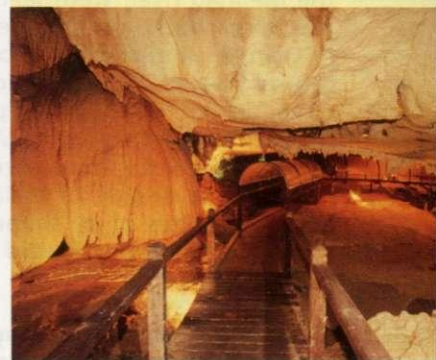
Lang's Cave Named after the man who first introduced speleologists to the cave in 1978, it features a variety of intricately sculptured stalactites and stalagmites, delicate and transparent helictites and spectacular rock curtains. Footprints embedded in the rocks at the entrance to the caves indicate that it was once inhabited by wild boars.

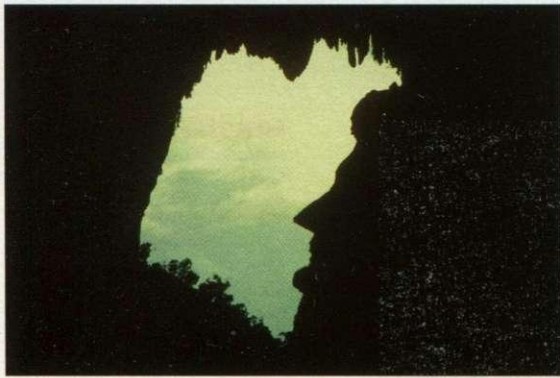
Deer Cave As its name suggests, this cave was in days long gone, a shelter for hordes of deer. It also served as a human burial ground. However, it has

ENQUIRIES

National Parks Booking Office (Miri)
Sarawak Visitor Information Centre
452 Jalan Melayu 98000 Miri
Tel: 085-434180

Mulu National Park
Sungai Melinau, Baram
Miri
Tel: 085-434561





now been taken over by millions of bats which can be seen flying out in formation in search of food, as night approaches. You might get to witness this magnificent display of mass exodus on fine evenings. Other inhabitants include swiftlets usually seen circling the entrance; and the earwigs, centipedes and cicadas. Its 160-metre wide mouth resembles a 'colossal stone jaw' earning it the distinction of having the largest cave entrance. Another unique feature is the 'Adam & Eve's shower', a cascade of water falling down 120 metres from the cave roof.

Wind Cave Approached by way of the Melinau river, steps lead from the river bank up to the cave entrance. A refreshing breeze greets you as you approach the cave which perhaps explains the origin of its name. Within is the King's Chamber with its magnificent display of stalactites and stalagmites of all shapes and sizes. The Chamber is said to be haunted!

Clearwater Cave Measuring over 100 km, this is acknowledged to be the longest cave in South-East Asia and the 7th longest in the world. Moss covered stalactites greet you as you approach the entrance. Venture inside into Lady's Cave with the stalactite resembling the Virgin Mary. 50 steps lead down to underground rivers in a labyrinth of caverns and passages formed millions of years

ago. The crystal clear water is said to possess mysterious powers to restore youth!

Adventure Caving

For something more challenging than admiring the evidence of nature's intricate craftsmanship in the show caves, don protective helmets and miners' lamps and

follow a trail, away from the cement paths and electric lights, down into the depths of Clearwater and Wind caves, under Gunung Api! Crawl with the centipedes and earwigs and be prepared to come face to face with other inhabitants of the cave floor!

The Pinnacles Of Gunung Api Take up the challenge to view the pinnacles, located in a shallow valley 1,200 metres above sea level. The adventure begins with an exciting 2-hour boat trip over rapids. On days when the water level gets low, be prepared to help shove the boats over the rock strewn rapids. A 3-4 hour trek through virgin forests brings you to a park hut on the bank of the Melinau river where you stop for the night. The next morning begins with a 4-hour climb, up 1000 metres via a steep path to a viewing point overlooking the pinnacles. The smooth razor edged pinnacles measure 20 metres wide at the base and 45 metres in height.



Separated by deep fissures and low bushy mountain forest, they present a spectacular sight when viewed from above.

On The Trail Of The Headhunters

The trail once taken by the legendary warriors on their head-hunting spree in days long gone, goes through the lowland forests and down mighty fast flowing rivers. This is recommended for those with an unquenchable thirst for adventure and excitement. Follow the headhunters trail and live out your fantasies in the rugged terrain of the Sarawak wilderness.

The Mulu Challenge If that is still not enough, there's still the challenge of doing the Mulu summit. Take on the mighty mountain and scale its rough sandstone and shale heights to reach the summit. It may be lonely at the top but the view is fantastic!

■ ACCOMMODATION

Accommodation facilities at the park include chalets, a hostel and a resthouse.

- VIP Chalet
 - Chalets
 - Resthouse
- 6 units of chalet and 2 rooms/unit
(5 beds per room)

■ OTHER FACILITIES

These include mountain huts, public toilets and washrooms, a canteen, an information centre and video shows.

Applications for permits and reservations for accommodation can be made at the National Parks and Wildlife Office, Miri.

■ HOW TO GET THERE

Mulu is accessible by air from either Miri, Limbang or Marudi.

It is also accessible by river. However, visitors wishing to make the journey by river are advised to liaise with a tour agency as there is no regular boat service to Mulu.

Niah National Park



Three hundred miles up the coast from Kuching, hidden in the forests of Miri are the Niah Caves and the surrounding park, spread over 3,140 hectares of peat swamp and dipterocarp forests and the massive limestone outcrops within which the caves are concealed. The caves consist of one big cave (the Great Cave) and some smaller caves. At the centre of the park, is Gunung Subis, 394 metres above sea level.

■ FLORA AND FAUNA

The limestone vegetation is predominantly represented by the *Balsaminaceae* and *Begoniaceae* species. Peat swamp vegetation and dipterocarp forests dominate the lowlands with fig plants *Ficus* found in abundance. The crown of these plants shades the tiny seedlings on the forest floor and keep them moist to ensure their survival.

The mischievous and opportunistic long-tailed macaques, ever on the look-out for food to forage, are conspicuously to be seen and heard in the forest. Birds such as the Bulbuls, Tailor birds, Crested wood partridge, Trogons and Hornbills are easily spotted by their exotic and brightly coloured plumes. Look out for the

nocturnal Barred eagle owl and Bay owl which also inhabit the forest. The great Woolly Horse shoe bat can be found in the caves and crevices in which they roost. Another interesting inhabitant is the *Bornean tarsier*, a Nocturnal primate which feeds on insects and small vertebrae animals. There are also squirrels and Flying lizards and a large population of Swiftlets.

■ PLANNING AN ITINERARY

Aside from visiting the caves the visitor can find a lot of interesting things to do and see.

'Exploring' The Caves The caves are accessible via a 3km pathway, part of which consists of a raised plankwalk through lowland forest. The walk to the caves can therefore be an interesting activity in itself if you enjoy observing the variety of plant life and birds and insects along the path.

The Great Cave The discovery of the oldest human remains in Southeast



Asia along with other pre-historic relics in this cave, makes this Borneo's most important archeological site. The relics point to the existence of human activity in this area almost 40,000 years ago. However, the cave is now home to the bats which deposit their droppings or quano, a rich source of fertiliser, on the cave

ENQUIRIES

Niah National Park
98200 Batu Niah
Tel: 085-737450
Fax: 085-737454

National Parks Booking Offices
Sarawak Visitor Information Centre
452 Jalan Melayu
98000 Miri
Tel: 085-434180



floor and the swiftlets whose edible nests are greatly favoured for their medicinal value.

The Painted Cave An interesting feature of this cave is the red haematite painting of human-like figures drawn on the rocks. The painting dates back at least 1,000 years. The cave itself seems to have served as an ancient grave site as evidenced by the boat-shaped coffins containing the bodies of the dead.

Forest Trails Explore the jungle trails and get a feel of the tropical forest- see what makes it tick! There are two clearly marked trails you could follow, namely 'Jalan Bukit Kasut' and 'Jalan Madu'. So pack some snacks and drinks and go uncover the secrets of the jungle!

Iban Longhouse The Ibans are reputedly skilled craftsmen and a visit to their longhouse nearby is bound to fascinate you. See the wide range of fine and beautifully made handicraft and ordinary household items for daily use and you will marvel at the intricate designs and clever colour combinations.

Mountain Climbing Scale the



400 metre high limestone ridge for a bit of adventure! You might not be the first one to reach the summit, but it sure is exciting and exhilarating; and something to tell the others back home.

Collection Of Birds' Nests Usually carried out between August to December and January to March each year, this is one activity that attracts a lot of interest. Local gatherers climb up tall "ladders" to reach the birds' nests high up in the caves. The nests are valued for the medicinal properties of the bird's saliva binding the nest. Boiled with rock sugar it makes a highly potent, not to mention delicious brew!

Visit To Batu Niah Town If the fancy takes you, stroll along the river bank and explore the local haunts in Batu Niah town. You could also rent a boat to get there but that would mean missing out on some quaint things along the way.

■ ACCOMMODATION

A variety of accommodation facilities are available in the park.

Hostels

- Asrama Agathis A
10 rooms (with 4 beds per room)
- Asrama Agathis B
10 rooms (with 4 beds per room)
- Jungle Lodge
2 rooms (with 2 beds per room)
- VIP Chalets

Camping

Campsite 200-300 campers

■ OTHER FACILITIES

These include the plankwalk to the caves and within it, public toilets and washrooms, a canteen, and an information centre.

Applications for permits and reservations for accommodation can be made at the National Parks booking office, Miri or Niah National Park.

■ HOW TO GET THERE

The Park is accessible by road from Miri or Bintulu. It takes approximately 2 hours from Miri to Batu Niah and 3 hours from Bintulu to Batu Niah. From Batu Niah it is a short boat trip to the Park Headquarters.



Bako National Park

Sarawak's oldest national park was established in 1957 on a 2,728 hectare site, about 37 km from Kuching. It is known for extraordinary variety and contrast in its natural scenery, habitats, plant life and its wildlife. Its most significant features include secluded coves and rugged rocky headlands with magnificent steep cliffs carved by weathering and erosion over millions of years. The seaspray, wave action and the wind have also carved out magnificent sea arches and sea stacks at the base of the cliffs, some rearing above the waves like a mighty serpent's head. The attractive sandstone formations appear as pink and iron patterns on the cliff faces. Further inland, waterfalls tumble down into freshwater pools in a tranquil and idyllic jungle setting.

■ FLORA AND FAUNA

The lush vegetation represents 7 ecosystems ranging from the mixed dipterocarp forests of the lowlands to the desert-like scrub of the plateau. A common plant found in abundance is the *Dischidea rafflesiana*, a slender climber bearing both typical leaves and special expanded hollow leaves. Ants reside within these hollow leaves and leave their excreta as nutrients for the plant, perhaps in exchange for lodging! Others include sundew, bladderwort and the notoriously carnivorous pitcher plant.

The Proboscis monkey (orang Belanda) unique to the Borneo riverine forests is significantly present here. Easily distinguished by its enormous cucumber like nose, it is not uncommon to find the male of the species lording it over a harem of some ten mates or so! The silver langur with the punk-like hairdo are very shy primates, feeding primarily on leaves. Their young are easily distinguished by their bright orange colour. Other inhabitants of the park include the long-tailed macaques, bearded pigs,



leopard cats and giant lizards such as the tree monitor, water monitor and the attractively marked skinks.

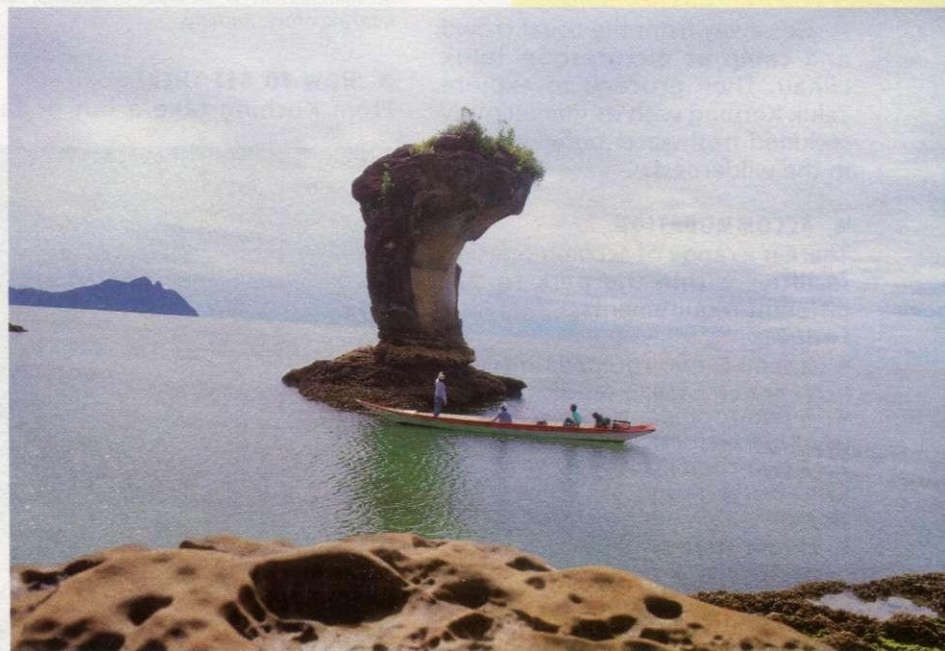
■ PLANNING AN ITINERARY

There is so much you can see and do within this park.

- If birds are your "cup of tea", try a spot of bird watching. A suitable place is Teluk Assam. With over 50 varieties reportedly residing within the park, you are bound to be able to observe the antics of a few.

ENQUIRIES

National Parks Booking Office (Kuching)
Sarawak Visitor Information Centre
Jalan Masjid 93400 Kuching
Tel: 082-248088
Fax: 082-256301



- Go on night walks and you just might be lucky enough to spot a few nocturnal creatures as they come out to forage for food. That is if you are quiet enough and not be so indiscreet as to let your presence be known! Watch out for flying lemurs, mousedeer, civets and bats. It might be easier to spot the frogs from their loud croakings and also the equally uninhibited cicadas.

- There are also clearly marked jungle trails in a system covering some 19 miles throughout the park. These take you through the lowland forests and up the hills for fantastic views of the headland, bays and beaches below. This is a good opportunity for a close observation of the different species of vegetation. Check out how the tree roots do their bit towards checking erosion from the heavy rainfall!

- Trek up to the Tajor waterfalls for a leisurely picnic amidst the roar of the waterfalls and then take a dip in the irresistibly inviting cool clear waters. The trail ends with a steep descent to the beach.

- Get away from the usual crowd and camp at picturesque Teluk Limau. Then proceed to explore Teluk Keruing with its marvellously secluded freshwater pond-a haven in the wilderness.

■ ACCOMMODATION

There is a range of accommodation facilities within the park to suit different requirements.

Lodge

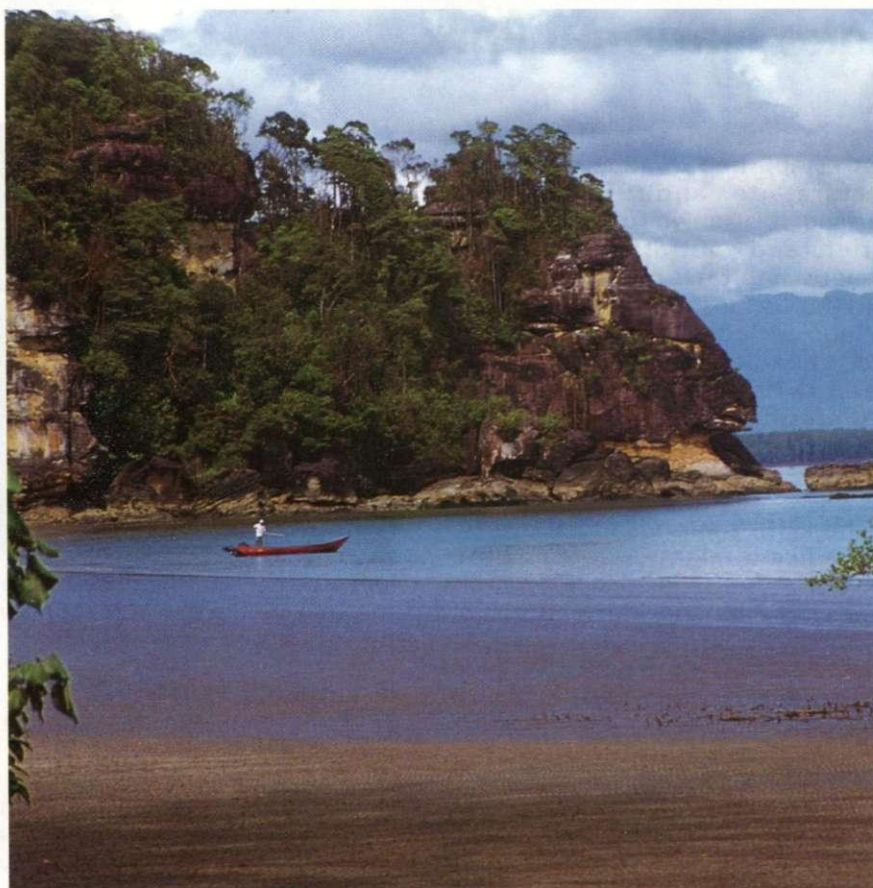
- 2 semi-D two-roomed units (with 2 beds per room)
- 5 two-roomed units (with 5 beds per room)
- 2 two-roomed (with 3 beds per room)

Hostel

- 3 four-roomed units (with 4 beds per room)

Tents

- Camp site
- Camp fly

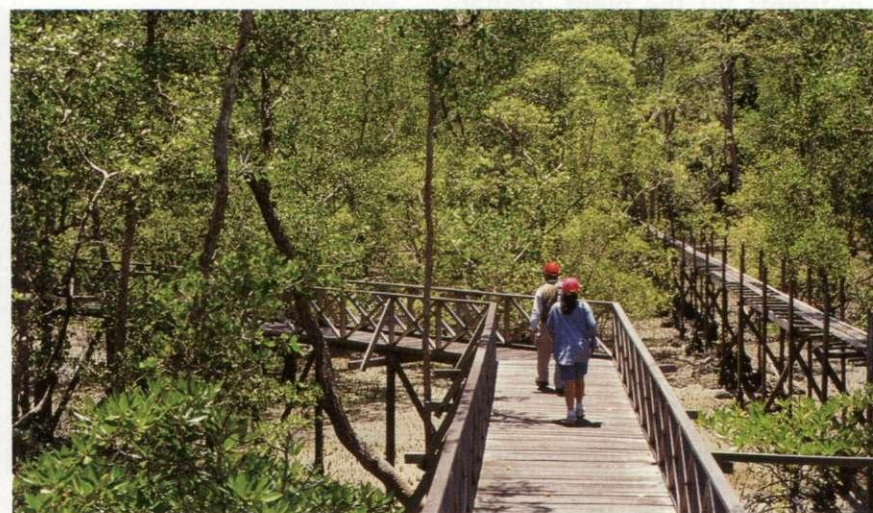


Applications for permits and reservations for accommodation can be made at National Parks booking office, Kuching.

■ HOW TO GET THERE

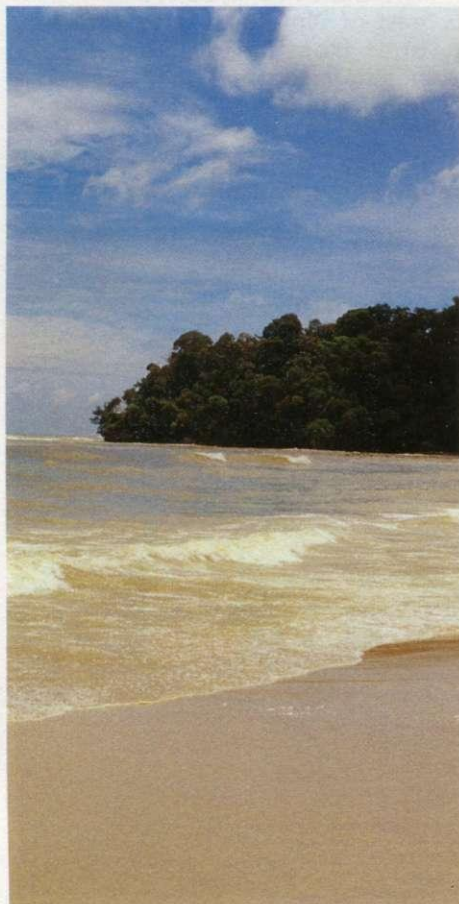
From Kuching take a bus or taxi

to Kampung Bako. Then take a 30-minute boat ride to the park. Boat services to the park are operated by villagers who normally charge RM 30 per boat (one way).



Similajau National Park

Similajau National Park is situated in the Bintulu Division and encompasses an area of approximately 7,067 hectares. It was gazetted in 1978 with the primary aim of conserving the flora, fauna and unique geological characteristics of the coastal area. The natural attractions of the area include fast flowing streams with rapids in the upper reaches set amidst a cool jungle setting. The clear waters of these streams are stained by the tannin acid of the peat swamp lending it an attractive ruby red tinge. The park is covered with a mix of vegetation types ranging from those commonly found on the littoral fringes to heath and mixed dipterocarp forests. Such diverse habitats naturally support an equally diverse wildlife.



■ FLORA AND FAUNA

There is a great variety of pitcher plants with tiny pitchers measuring merely 1cm to those growing to 20cm high. Tiny and colourful orchids are found rooted to trees and the rocks around the headlands. Other littoral fringe types include the Pokok Ara *Ficus* sp., the Pinang Lakka, *Cyrtospachys lakka*, and the Kayu Maki Cina *Podocarpus* sp.. The Rhu laut and Bintangor laut vie for attention with the ketapang on the beaches while the mangroves are covered in Bakau, Berus and Nipah palm. In the heath forests are found the Rhu Ronang and Selunsur while the Meranti, Keruing and Kapur dominate the mixed dipterocarp forests.

There are three types of primates, namely the gibbons, banded langurs and long tailed macaques. The park also houses shrews, mousedeer, wild boar, civets, barking deer and squirrels. A chance encounter with a porcupine may cause its prickly spine to bristle in self defence. There are also 185 bird species, notably 7 species of hornbills. Migratory birds stopping by include the storm stork. Saltwater crocodiles, dolphins, porpoises and green sea turtles can also be found within the park area.

■ PLANNING AN ITINERARY

Day trips may be hectic and visitors are advised to plan for a few days stay in order to enjoy the natural attractions at the park.

Cool Jungle Streams And Pools Kolam Sebung in the upper reaches of Sungai Sebung offers the perfect place to unwind. Its dark red waters reflect the vegetation of the river bank. A boat takes the visitor from park headquarters at Kuala Likau to the mouth of the Sungai Sebung, the journey taking about 30 minutes. After travelling 1 km up river, visitors alight and trek through a series

ENQUIRIES

National Parks Booking Office (Bintulu)
Section Forest Office,
97000 Bintulu.
Tel: 086-331117 ext 50
Fax: 086-331923





of white water sections and pools before reaching Kolam Sehubong.

Selunsur Rapids The rapids are located in the upper reaches of Sungai Kebalak. A 1½ hour trek from the mouth of the river through beach, kerangas and mixed dipterocarp forest brings you to the frothy white rapids for a most welcome dip! Keep your senses alert along the way and see if you can identify the beautiful bird calls.

Beaches And Offshore Attractions

There are numerous white sandy beaches bordered by rocky headlands. Crystal clear streams cascade down small waterfalls to the sandy beach. Two popular beaches are Golden beach and Turtle beach.

500 metres offshore from the park headquarters is Batu Mandi, a "rocky island" partially exposed at low tide. This is a popular spot for trying your luck at reeling in a catch for lunch!

■ ACCOMMODATION

Accommodation facilities include chalets, hostels and camping sites.

Chalets

- 5 two-roomed units (with 4 beds per room)



Hostels

- 2 four-roomed units (with 4 beds per room)

Campsite

- 250 campers

■ GENERAL FACILITIES

These include an information centre for the display and exhibit of history, flora and fauna; a canteen to sell food and drinks and daily basic necessities; and public toilets for day-trippers.

Applications for permits and reservations for accommodation can be made at the National Parks booking office, Bintulu.

■ HOW TO GET THERE

The park lies about 20km north-east of Bintulu. It is accessible by boat from Bintulu to the park headquarters at Kuala Likau. The journey takes about 1 hour.

A road to the park is presently under construction.



Kubah National Park

Situated approximately 20 km west of Kuching is the Kubah National Park. Covering an area of 2,230 hectares, it was gazetted as a National Park in 1989. The area is largely composed of sandstone, siltstone and shale and lies in the shadow of three mountains-Gunung Serapi, Gunung Selang and Gunung Sendok. The crystal clear waters of fast flowing streams run down a series of waterfalls, some as high as 10 metres. The tranquil and picturesque setting makes it a popular destination for day-trippers.



■ FLORA AND FAUNA

Mixed dipterocarp forests predominate with patches of scrub and kerangas adding variety. The area is rich in palms and orchids which include species of *Licuala*, *Rattans*, *Pantu*, *Pinanga*, *Appendicula*, *Dipodium* and *Eria* are found in abundance.

The cool forest, the nearby mangrove and the dissected terrain is home to a considerably large wildlife population. This includes the mousedeer, squirrels and the bearded pig. The loud calls of the black hornbills (kenyalang), can be distinctly heard as you walk through the park. This venerable bird features prominently in many Iban religious ceremonies. Other notable inhabitants of the park are varieties of amphibians and reptiles.

■ PLANNING AN ITINERARY

Visit the Matang Wildlife Centre and see some of the endangered wildlife species of Sarawak in their natural environment. Visitors will also gain valuable insights into efforts to conserve these species and their habitats.

Jungle trails meandering through the cool forests provide opportunities to observe the rich variety of plantlife found here. If you're quiet enough you may hear the loud "gronk" of the hornbills echoing through the forest canopy.

The picturesque waterfalls provide perfect spots for picnics and cool refreshing dips after the energetic walks through the forest. Rest a while and take in the beauty of your tranquil surroundings before moving on to new pursuits.

For an insight into the local culture visit the nearby longhouse (Rumah Jugah) on the banks of Sungai Rayu.

■ ACCOMMODATION FACILITIES

Accommodation facilities are available at the park and also at the Matang Wildlife centre.

- Chalet (5 two-bedroom units) (with 2 beds per room)
 - Longhouse
 - Campsite
- RM 4.00 per night

Applications for permits and reservations for accommodation can be made at the National Parks booking office, Kuching.

■ HOW TO GET THERE

It is easily accessible by road from Kuching.

ENQUIRIES

National Parks Booking Office (Kuching)
Sarawak Visitor Information Centre
Jalan Masjid, 93400 Kuching
Tel: 082-248088
fax: 082-256301



Lambir Hills National Park

ENQUIRIES

National Parks Booking Office (Miri)
Sarawak Visitor Information Centre
452 Jalan Melayu
98000 Miri
Tel: 085-434180
Fax: 085-434179



The Lambir Hills National Park, gazetted in 1975, covers an area of approximately 6,952 hectares south-west of Miri. The highest peak rises some 450 metres above sea level, in a chain of sandstone hills bounded by rugged cliffs. The lush valleys and lower slopes are covered with mixed dipterocarp forests while heath forests dominate the upper regions. The silence within this green wilderness is broken only by the calls of various birds and the roar of the mighty waterfalls plunging down into the emerald green depths of rocky pools below.

■ FLORA AND FAUNA

Composed mostly of mixed dipterocarps and kerangas, the area is rich in palms of the *licuala* species and the stilt rooted *Eugeissona*. The ground flora includes an exotic mix of various species of Aroids, Ginger, Ferns, Terrestrial orchids, Epiphytes and Vines. Hill casuarinas cover the kerangas (heath) forests of the upper regions while the ground flora is



largely composed of shrubs, ferns and pitcher plants.

The forest supports a rich and varied wildlife with 157 species of birds heading the list. There are also bats, various rodents, the scaly ant eating pangolins, bearded pigs, barking deer, monkeys and Bornean gibbons to name a few.

■ PLANNING AN ITINERARY

Its proximity to Miri makes this an ideal destination for those seeking to get away from it all, for a few days or over the weekend.

A 40 metre tree tower provides spectacular views of the dipterocarp forest. Get a closer look at the forest canopy and get acquainted with the various species of flora. This is also a good opportunity to do a spot of bird watching.

Go jungle trekking along the forest trails in this species rich forest and immerse yourself in nature's ways. With the rich variety of species around, you're bound to discover something new and exciting along the way. For the uninitiated, a suspension bridge adds to the fun and adventure.

At the end of it all awaits a rocky pool of such enchanting green that you simply cannot resist. So take a dip in the cool, emerald green depths and come out totally refreshed.

■ ACCOMMODATION

There are ample accommodation facilities for overnight stay.

Lodges

- 3 two-room units
(with 3 beds per room)
- 4 two-room units
(with 2 beds per room)

Other facilities include public toilets and washrooms for day-trippers, a canteen and an information center.

Applications for permits and reservations for accommodation can be made at the National Parks booking office, Miri.

■ HOW TO GET THERE

The park is easily, accessible, being only half-an-hours drive away from Miri. You may opt to join the organised trips departing Miri in the early morning and returning to Miri after lunch. Arrangements can also be made for overnight stays, on request.

Gunung Gading National Park



The Gunung Gading National Park, gazetted in 1983, covers an area of approximately 4,106 hectares in the Lundu area, north-east of Kuching. It features a complex of mountains rising into several peaks, the highest being Gunung Gading, (906 metres) from which the park derived its name. Numerous waterfalls tumble down in series in the upper reaches of the Lundu River creating an idyllic jungle setting, in the cool shade of the rain forest.

■ FLORA AND FAUNA

The area abounds with numerous rare plants, the most notable being the *Rafflesia tuanmudae* (bunga pakma). This magnificent flower, reputed to be the world's largest, measures almost a metre in width, when in full bloom! There is no specific flowering season and once in bloom it only lasts a few days.

■ PLANNING AN ITINERARY

The park is ideal for day trips but visitors may even find its tranquil setting irresistible enough for overnight stays.

Call the National Parks office in Kuching and find out if the *Rafflesia* is in bloom and follow the guided walk through the *Rafflesia* site. Extreme care must be taken during such walks in order to protect the precious blooms and it may be necessary to keep your excitement under control!

You may, however, give way to your excitement at the cascading waterfalls and rippling streams. Swim to your heart's content in the cool clear waters and then laze awhile on the shady fern covered banks.

The scenic beaches at nearby Siar and Pandan are great for swimming and leisurely picnics. So make it a point to include it in your itinerary when you're in these parts.

■ ACCOMODATION

Accommodation facilities at the park are rather limited at present.

Chalets (class 3)

2 three-room units (double occupancy)

Hostel

1 four-room unit (4-bedded)

- Other facilities include public toilets and washrooms for day-trippers and also an information centre.
- Hotels in Lundu and Siar provide alternative accommodation. So if you would like to extend your trip and cannot get accommodation at the park, try your luck at these hotels.
- Application for permits and reservations for accomodation can be made at the National Parks booking office, Kuching.

■ HOW TO GET THERE

The park is about two hours drive from Kuching and just 5 minutes from Lundu.

ENQUIRIES

National Parks Booking Office (Kuching)
Sarawak Visitor Information Centre
Jalan Masjid, 93400 Kuching
Tel: 082-248088
Fax: 082-256301



Batang Ai National Park

In the Sri Aman Division covering some 24,040 hectares is the Batang Ai National Park. Gazetted in 1991, it shelters many protected animals within its extensive wilderness. It also serves as a water catchment area for a huge artificial lake, created by the construction of the Batang Ai Hydro-electric dam. The lake extends up to the Engkari and Ai valleys, its wide scenic expanse lending an atmosphere of peace and tranquility to the surroundings. The main mode of transport is by river-fast flowing and reflecting the forest canopy in its crystal clear waters.

■ FLORA AND FAUNA

The terrain is rich in lush lowland mixed dipterocarp forests which is home to the Orang Utan. High on the endangered list, this primate is the largest among its kind and can grow to 1.5 metres tall and weigh 200kg! It makes a nest in the trees to sleep in at night. The Park also shelters many other protected species of wildlife such as the hornbills and gibbons.

■ PLANNING AN ITINERARY

A few days stay is recommended for those who want to take in the beauty of the tranquil surroundings and acquaint themselves with the local culture.

The trip upriver can be most exciting in itself. Imagine cruising up fast flowing rivers with the trees drooping their leaves over the water's edge on either side. During spells of dry weather, when the water level gets low during the day, visitors alight to help push the boat upstream.

There are four marked jungle trails within the park for those hankering for a bit of adventure. In addition to the usual treks through mixed dipterocarp forests, these trails also go through old secondary forests and areas of active shifting cultivation. And to satisfy the "Indiana

Jones" in you, one trail actually passes through ancient native burial grounds!

Drop by the Iban longhouse and learn a bit about their traditional lifestyle. The Ibans are noted for their intricately fashioned handicraft items such as the beautifully woven "pua kumbu"; the "selabit", rattan backpacks woven in a variety of fascinating designs; rattan mats and gourds for collecting water.

■ ACCOMMODATION

There are no accommodation facilities within the park at present, but several longhouses outside the park area offer basic accommodation and the chance to experience first hand, a bit of the local lifestyle.

A longhouse resort, much further away, provides more luxurious



accommodation within a 'longhouse like' atmosphere.

■ BOATING

The local Community Cooperative provides boating services for trips to and within the park.

Visitors are encouraged to utilise the Cooperative's services as the funds from this source are used for on-going development purposes.

■ HOW TO GET THERE

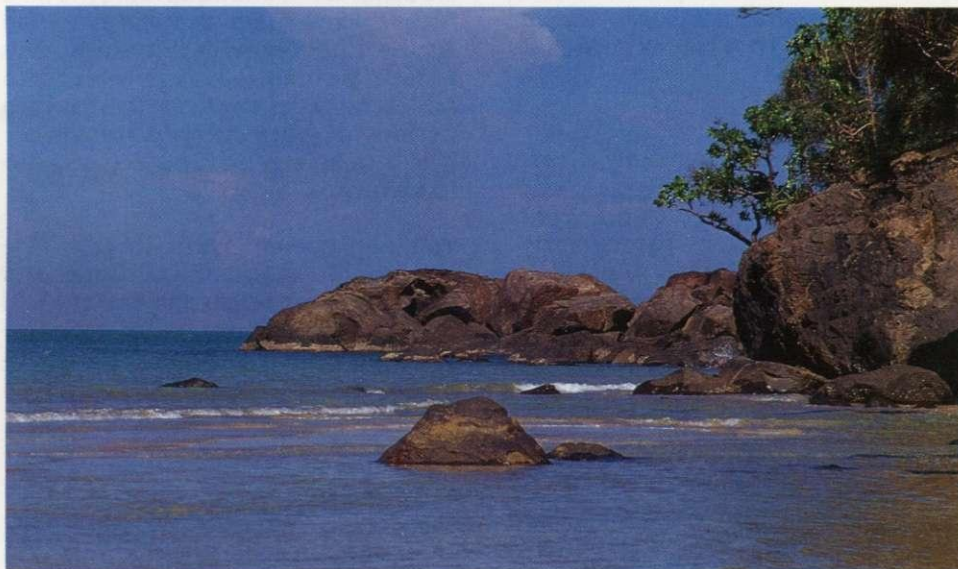
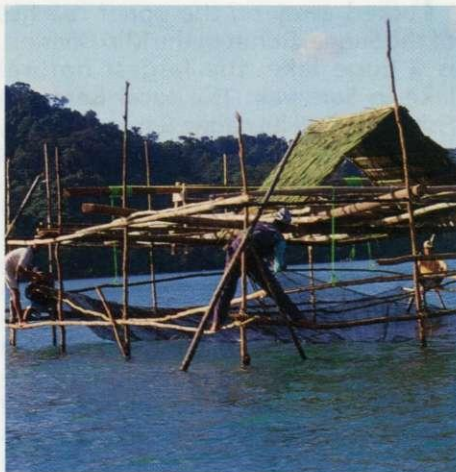
The park is located about 250 km from Kuching city.

The journey by road from Kuching to Batang Ai Dam takes about 6 hours. The boat trip from the dam to the park station takes another 2 hours.



Tanjung Datu National Park

This National Park is located in the Kuching Division, at the westernmost tip of Sarawak near the Indonesian border. Gazetted in 1994, it is Sarawak's latest addition to its string of National Parks and also the smallest, covering an area of only 1,379 hectares. Situated in a mountainous region whose steep ranges almost hug the shore, the area features swift flowing rivers whose crystal clear waters bear no traces of pollution. Its shoreline comprise some of Sarawak's most beautiful beaches with sparkling sand and seas of aquamarine glittering in the sun. The existence of a coral shore also sets it apart



from the other coastal areas of Sarawak.

■ FLORA AND FAUNA

The area is densely covered by lush vegetation of the mixed dipterocarp forests, supporting a myriad variety of habitats, intricately beautiful plants and intriguing wildlife.

■ FACILITIES

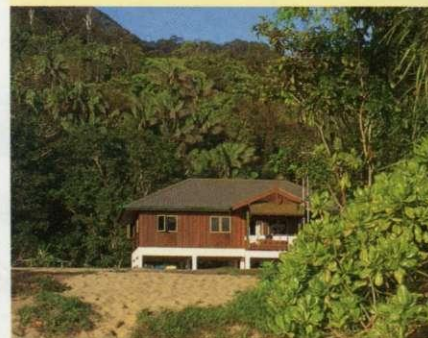
Facilities for visitors are currently being developed within the park

area. Once completed, the park will be open to visitors.

Future plans include the establishment of a marine park to preserve the delicate marine ecosystem thus ensuring the perpetuation of its diverse marine life.

■ HOW TO GET THERE

It is accessible by road via Lundu and Sematan. From Sematan proceed by boat to Tanjung Datu. The whole journey takes about 3½ hours.



Loagan Bunut National Park

Tucked away on the upper reaches of the Sungai Bunut in the Miri Division, is a huge lake, the largest natural lake in Sarawak. The local Berawan Fishermen call it Loagan Bunut. In 1991, an area of about 10,736 hectares encompassing the 650 hectare lake was gazetted as a National Park as part of the on-going effort to preserve the unique habitats, rare and valuable plants and wildlife indigenous to the region. The lake is utterly dependent on the Sungai Bunut, Sungai Tinjar and Sungai Baram whose water levels are subject to seasonal fluctuations and this accounts for the fluctuating levels of the water in Loagan Bunut. During spells of extreme dryness, usually lasting between 2 to 3 weeks, the lake is converted to vast expanses of dry cracked mud.

■ FLORA AND FAUNA

The area is composed mainly of peat swamp forests supporting a fairly large and varied bird population. These include darters, bitterns, egrets, herons, hornbills and kites. Primates are represented mainly by gibbons whose extremely long arms enable them to



For 2 to 3 weeks in February, May or June, the water level in the lake drop drastically on account of the dry weather. This is the time to witness and maybe even participate in the traditional "Selambau" method of fishing, developed and still practised by the local Berawan fisherfolk. This unique technique was developed to harvest the migrating fish during periods of fluctuating water levels. It is a rare and exciting activity, not to be missed.

You might even want to take the opportunity to kick off your shoes and walk barefoot across the dry cracked mud of the dried up lake, to get a feel of the simple pleasures in life-long forgotten by many! It could be an exhilarating experience, especially for the uninitiated.

■ FACILITIES

There are no visitor facilities at the park, at present. However, there are plans to set up a park office and to develop visitor facilities in the near future.

Accommodation on the edge of the lake consists of privately-owned chalets.

■ HOW TO GET THERE

It is accessible by road from Miri via Pekan Belura and Kg. Lapok. The journey by four-wheel drive takes about 2 hours.

From Kg. Lupok, a 1½ hour journey in a long boat takes the visitor to Loagan Bunut.

swing pendulum-like high up in the trees. The loud piercing calls of the females of the specie, are clearly audible in the early mornings.

■ PLANNING AN ITINERARY

This remote park beckons those in search of something different.



■ THE FOLLOWING INFORMATION GENERALLY APPLIES TO ALL PARKS IN SARAWAK

What to bring?

Before departing for the park, visitors are advised to bring along these essential items:-

Clothing Shorts and T-shirts are suitable. Slacks and long sleeved shirts and hat/caps are recommended for protection against sunburn and insects.

Footwear Jogging shoes or rubber boots should be worn as trails in the forest can be quite muddy after rain.

Water bottle A water bottle is necessary for longer walks in the Park.

Sunblock Visitors are advised to apply sunblock while sunbathing to avoid sun burns.

■ RULES AND REGULATIONS

The rules and regulations are there to protect the Park for the benefit of visitors.

It is an offence to :-

- enter without a permit
- fish inside the Park
- kill, capture, poison or disturb any animal
- cut, remove, destroy or set fire to any object, living or non living, dead or alive
- introduce any animal or plant into the Park
- damage, erect any building or other structures
- litter

■ PENALTIES

The minimum fine for the above offences is RM1000 and six months imprisonment.

■ PERMIT

Visitors must obtain a certified permit from the nearest booking offices before entering the National Parks, Nature Reserves or Wildlife Centres. For professional film makers and those carrying out expeditions, special permission from the Sarawak State Secretary must be obtained in advance.

■ ADVANCE RESERVATION

Visitors are advised to make advance reservations for accommodation within the park from the respective National Parks booking office.

■ RESERVATION FEE

A non refundable fee amounting to 10% of the total accommodation charges; or the full amount if total charges is less than RM 10.

■ OTHER CHARGES

Rent of locker

per day - RM 3.00

Park Entrance Fee

per adult - RM 3.00

under 18 years old - RM 1.00

Park Guide Fee

(per guide per hour, applicable to a few parks only)

Category A :

1 to 5 persons - RM 11.00

6 to 10 persons - RM 12.00

Category B :

1 to 5 persons - RM 9.00

6 to 10 persons - RM 10.00

Category C :

1 to 5 persons - RM 6.00

6 to 10 persons - RM 7.00

Category D :

1 to 5 persons - RM 4.00

6 to 10 persons - RM 5.00

Camera - RM 5.00 (per camera)

Video Camera - RM 10.00 (per camera)

Professional Filming - RM 200.00

Insurance - to be obtained from the Park Office

The above rates are correct at time of printing and subject to change. Please consult your nearest office to verify the charges.

■ EXCLUSION OF LIABILITIES

Take notice that any person visiting Sarawak's national parks, nature reserves and wildlife centres enter at their own risk. The permit to enter is granted subject to the condition that the Forestry Department and/or the State Government and/or any officer shall not be responsible for any physical, mental or emotional injury sustained or any loss of life or property of whatsoever kind within these areas. The State Government or its officers disclaim any act(s) or omission however caused or arisen within these areas.



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Space

All information contained herein is correct at the time of production. Whilst every care is taken in the preparation of this brochure, Tourism Malaysia cannot be held responsible for any inaccuracy, omission or alteration that may occur. NP (E) July 1997
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TRAFFICKING IN ILLEGAL DRUGS CARRIES THE DEATH PENALTY